

Suggested Labour and Birth Supplies

- ☞ Birth supplies should be ready by 37 weeks (3 weeks before your due date)
- ☞ Consider collecting supplies in a box or basket for home labour and/or birth
- ☞ Pack your hospital supplies in 1-2 small bags or luggage
- ☞ If you find it difficult to get these supplies, please talk to your midwife

To use at home in labour

- finger foods and comfort foods
- juices, teas or electrolyte-balanced drinks
- Gravol oral tablets 50 mg
- bowl or basin (if nauseated)
- activity ball (optional)
- 10-12 disposable underpads (approx. 18"x24")
- washcloths
- ice pack and/or hot water bottle
- pillows

For home birth

- protective plastic for bed (painter's plastic, vinyl table cloths, plastic mattress covering)
- old fitted sheet
- clean sheets for after the birth
- 2 large garbage bags (garbage/soiled linen)
- large ziplock bag or yoghurt container (for placenta)
- 20-18"x24" disposable underpads
- 4-6 large old towels (more if water birth)
- 6-8 old wash cloths
- 8 or more receiving blankets
- bright lamp or flashlight
- digital oral/auxillary thermometer (Celsius)

To pack for the hospital

- pillow(s) if you want to use your own
- bowl or basin for the car (if nauseated)
- snacks for you and your helpers
- small amount of cash for phone, food
- toiletries including toothbrush and lip balm
- slip-on shoes or slippers
- clothes to wear in hospital or for going home
- Infant car seat (leave in the car until just before discharge)
- clothes and diapers for the baby to wear home
- 2 small hats and 4 pairs of small socks
- diapers (hospital supplies some)

Helpful extras...at home or in hospital

- camera (and film if not digital)
- music player
- bendable drinking straws
- contact list of friends/family to call
- extra-strength (500 mg) Acetaminophen (also known as Tylenol)
- Ibuprofen (200 or 400 mg) (also known as Advil or Motrin)