

**PLEASE DO NOT OPEN THE BIN UNTIL INSTRUCTED TO DO SO
BY YOUR MIDWIFE**

Home Birth Supply List

Please have set aside:

- 2 plastic sheets (for the bed and floor, a shower curtain is sufficient)
- 2 sets of bed linens (older condition is recommended)
- 6-10 large towels
- 6 facecloths
- A large waste basket and garbage bags
- 2 large bowls or ice cream buckets
- Clean, comfortable, easy to nurse in clothes for after, including old underwear
- Thermometer (ear thermometers cannot be used for babies)
- 6 receiving blankets
- Baby clothes, including newborn size hats

Optional items:

- Camera, with battery charged, and empty memory card
- Baby wipes
- Disposable diapers
- Handheld mirror
- Extra pillows
- Bendable straws
- Oil or powder for back or leg massage
- Heating pad or hot water bottle
- Ice chips or popsicles made from favorite juice or tea
- Juice, pop, herbal tea with honey, snacks for self and your birth team
- Flannelette sheet
- Nursing pads (no plastic lining)

In the kit provided:

- Maternity pads (6)
- Peri-bottle
- Mesh panties (3)
- Underpads (8 pink, 3 blue)
- Plastic bag
- Vitamin D drops (exp. date _____)
 - Paperwork
 - BC Labour and Birth Summary
 - BC Newborn Summary
 - Notice of Life Birth or Stillbirth
 - Notes Page
 - PKU Card
 - Newborn Info Packet