



Birth Supplies

Labor Supplies – Basics

- Hospital bag, packed (even if you are planning a home birth)
- Disposable underpads (12 pack)
- Digital oral thermometer
- LABORADE, Emergen-C, or Recharge
- FOOD for mom
- FOOD for support people
- 6 large towels
- Flexible straws
- Lavender essential oil
- Hot pack or water bottle
- Cold pack/frozen peas
- Lip balm
- Massage oil
- TENS machine

Many of these items are not mandatory, but rather suggested supplies. The absolute necessities are in bold. Don't feel like you need to rush off and spend lots of money. Many of these items can likely be found around the house.

Extra Supplies – Home Birth

- Disposable underpads (24 pack)
- Plastic drop sheet
- Garbage bags (2 large)
- Ziploc bag or yogurt container (large)
- Stainless steel or glass bowl (medium)
- Peribottle or empty flip-top bottle
- Hydrogen peroxide (small bottle)
- Box of tissue
- Cotton newborn hats (2 small)
- Space heater, if needed

Linens:

- 2 fitted sheets
- 2 hand towels
- 4 face cloths
- 8 receiving blankets

If using a birth pool:

- Plastic and towels to surround pool
- Fish aquarium net (large size)
- Garden/waterbed hose (new)
- Sink faucet attachment for hose, with reverse/draining ability
- Electric or foot pump
- Mat for floor close to the pool
- Lots of extra towels

Extra Supplies – Hospital Birth

- BC Care Card
- Car seat
- Going-home clothes for mom
- Going-home outfit & blankets for baby
- Cell phone
- Camera
- Hair ties, if needed
- Money for food, parking, etc.
- Music, CD player/iPod w. speakers
- Bath pillow
- Large T-shirt/comfy nightie
- Toiletries for mom & partner
- Swim suit, change of clothes for partner
- Pillow & colorful pillowcase





Birth Supplies

Postpartum Supplies

- Overnight maxi pads (1 box)
- 6 Frozen pads
- Panty liners
- Nipple cream - Lansinoh, Purelan, Natural Nipple Butter
- Baby oil (Burt's Bees, olive, etc)
- Homeopathic Arnica 30C pellets
- Lavender &/or tea tree essential oil
- Epsom salts (1-2kg)
- Sitz bath basin
- Sitz bath herbs
- Postpartum recovery tea (calms afterpains, promotes healing)
- Witch hazel (soothes & shrinks hemorrhoids)
- Ibuprofen
- Nursing bras
- Breast pads
- FOOD for immediate postpartum
- Pre-prepared meals in freezer (two weeks worth)
- Healthy snack foods
- Breastfeeding book
- Newborn book

To make your supplies easy for others to find, put all of your supplies in a large box or laundry basket. Don't forget the receiving blankets and baby hats.

To save money, towels and linens can be bought at second hand stores, especially since there is a chance they may get stained.

To protect your mattress, make your bed with three layers:

BOTTOM	Fitted sheet
MIDDLE	Plastic drop sheet, wrapped around and under mattress
TOP	Second fitted sheet (something that can get stained)

To make LABORADE, FROZEN PADS, SITZ HERBS, or POSTPARTUM TEA, see our handout on labor & postpartum recipes.

BIRTH SUPPLIERS

Home & Hospital Birth Kits, www.sweethomebirth.com

Labor Tubs & TENS Machines, www.birthingbuddies.com

Mama Goddess Birth Shop, www.mamagoddessbirthshop.com

Luna Pads, www.lunapads.com

Lancaster Medical Supplies, www.lancastermed.com