

ESSENTIAL HOME BIRTH SUPPLIES

- Plastic sheeting (shower curtain)
- Set of old, but clean sheets
- Blankets & pillows - put pillows in garbage bags before pillowcases
- Plastic or newspaper - to protect rugs between bathroom and bedroom
- Gatorade or other energy drink
- Food and drinks - for you and your attendants (snacks, tea, etc.)
- Heater - to heat birth room
- Bright portable lamp
- 8-10 old towels
- 8-10 old face cloths
- Depends* underwear or long/heavy overnight *Always* pads (any brand)
- Mirror - if you want to watch the birth of your baby
- Extension cord - 3 prong plug with 2 outlets
- Olive oil - small unopened bottle for lubrication when baby is crowning
- Hydrogen peroxide - will remove all blood stains
- Paper towels - unopened package
- Plain Tylenol
- Garbage bags and laundry hamper
- Camera
- Thermometer (digital centigrade)
- Massage oil
- *Homeopathic Arnica 30C - helps heal tissue trauma and swelling
- *Bach Flower Rescue Remedy - helps deal with pain of contractions or anxiety during labour
- Cookie Sheet
- If there is no land line, please have cell phone charged.

These optional items are available at health food stores

Place of birth: Normally a bed or a mattress on the floor, but not a waterbed. When labour begins, first make the bed as you normally would with sheets and blankets. Then cover this with rubber or plastic sheeting (old shower curtains or a heavy plastic drop sheet is fine) then put an old, but clean sheet on top of everything.