



Onkwehón:we Midwives Collective  
891 Island Road, Akwesasne, ON K6H5R7  
T. 613-938-2229 F. 613-932-5080 eFax. 1-613-902-3511

## Checklist: Home Birth Supplies

### Supplies for you:

- |  |  |
|--|--|
| <input type="checkbox"/> Light food for labour – Fruit, Nuts, Nut bars | <input type="checkbox"/> Acetaminophen 500 mg tablets (Tylenol or generic brand acetaminophen) or Tylenol PM |
| <input type="checkbox"/> Refillable water bottle                       | <input type="checkbox"/> Diphenhydramine 25mg tablets (Benadryl or generic brand)                            |
| <input type="checkbox"/> Pillows, at least two                         | <input type="checkbox"/> Ibuprofen 200 mg tablets (Advil, Motrin or generic brand ibuprofen)                 |
| <input type="checkbox"/> Ice chips, ice cubes, or popsicles            | <input type="checkbox"/> Dimenhydrinate 50 mg tablets (Gravol or generic brand anti-nauseant)                |
| <input type="checkbox"/> Ice pack                                      | <input type="checkbox"/> 4-6 Washcloths  |
| <input type="checkbox"/> Comfortable clothing options                  | <input type="checkbox"/> Electrolyte drinks or honey   |
| <input type="checkbox"/> Large pack of Adult diapers                   | <input type="checkbox"/> Hot water bottle or heating pad   |
| <input type="checkbox"/> Pack of 40 Incontinence Bed Pads              | <input type="checkbox"/> Mirror for watching the birth if you wish to  |
| <input type="checkbox"/> Bendable Straws                               | <input type="checkbox"/> 4 boxes of 4X4 Sterile gauze squares  |
| <input type="checkbox"/> Lemon or Orange essential oil (optional)      | <input type="checkbox"/> Comfortable clothing options (Night gown, oversized T-shirt, + Robe)                |

### Supplies for your baby:

- |  |   |
|--|---|
| <input type="checkbox"/> Newborn + Size 1 diapers    | <input type="checkbox"/> Baby onesie and sleeper                      |
| <input type="checkbox"/> 2-4 baby hats, newborn size | <input type="checkbox"/> 4-6 Large, clean towels (not your best ones) |
| <input type="checkbox"/> Receiving blankets          | <input type="checkbox"/> Olive oil for baby's bottom                  |
| <input type="checkbox"/> 3 oz Bulb syringe           | <input type="checkbox"/> Baby Wipes                                   |



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### General supplies for birth and your home:

- |  |   |
|--|---|
| <input type="checkbox"/> Digital thermometer                   | <input type="checkbox"/> Two large garbage bags for laundry & garbage       |
| <input type="checkbox"/> 1 large roll of paper towels          | <input type="checkbox"/> Grounded (three-prong) extension cord or power bar |
| <input type="checkbox"/> Large, sturdy tray (eg. cookie sheet) | <input type="checkbox"/> Large, zippered plastic freezer bag for placenta   |
| <input type="checkbox"/> Bottle of Hydrogen Peroxide           | <input type="checkbox"/> Flashlight + batteries                             |
| <input type="checkbox"/> Bottle of Rubbing Alcohol             | <input type="checkbox"/> Container of Disinfecting Wipes                    |
| <input type="checkbox"/> Wide Mouth Mason Jar                  | <input type="checkbox"/> Container for Placenta (Lasagna pan sized)         |
| <input type="checkbox"/> Plastic Bedsheet (or Shower Curtain)  |   |

### For your bed:

- |   |   |
|---|---|
| <input type="checkbox"/> Bottom layer: a clean, fitted sheet  | <input type="checkbox"/> Pillows lined with plastic bags and pillow slips                   |
| <input type="checkbox"/> Middle layer: waterproof fabric covering (eg. shower curtain or plastic sheet) | <input type="checkbox"/> Stain remover for laundry such as hydrogen peroxide or baking soda |
| <input type="checkbox"/> Top layer: a clean, fitted sheet   | <input type="checkbox"/> Blankets   |

### If you choose a waterbirth:

- |   |  |
|---|--|
| <input type="checkbox"/> Standard 50' Garden Hose       | <input type="checkbox"/> Pool Thermometer                                |
| <input type="checkbox"/> Fine Mesh Kitchen Colander     | <input type="checkbox"/> Sterile Pool Liner (purchased through OMC \$50) |
| <input type="checkbox"/> Sump Pump to empty pool after. |  |



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### Other supplies you may find helpful:

- |   |   |
|---|---|
| <input type="checkbox"/> Camera             | <input type="checkbox"/> Music and music players        |
| <input type="checkbox"/> Notebook + pen     | <input type="checkbox"/> Small, bright lamp             |
| <input type="checkbox"/> 2 Small hair combs | <input type="checkbox"/> TENS Machine (If you have one) |

### Hospital Bag:

- |  |  |
|--|--|
| <input type="checkbox"/> Extra pillows                               | <input type="checkbox"/> Snacks – Fruit, Nuts or Nut bars                        |
| <input type="checkbox"/> Refillable water bottle                     | <input type="checkbox"/> Infant car seat   |
| <input type="checkbox"/> Health Card                                 | <input type="checkbox"/> Newborn + Size 1 diapers                                |
| <input type="checkbox"/> Clothes for baby to come home in            | <input type="checkbox"/> Toiletries (eg. toothbrush, toothpaste)                 |
| <input type="checkbox"/> Comfortable clothes for you to come home in | <input type="checkbox"/> Large pack of Adult Sized Depends (LG/XL work best)     |
| <input type="checkbox"/> Refillable Water Bottle                     | <input type="checkbox"/> Phone/Phone Charger                                     |
| <input type="checkbox"/> Slippers                                    | <input type="checkbox"/> Labor + Postpartum Clothing (Oversized T-shirt or Robe) |
| <input type="checkbox"/> Breath Mints                                | <input type="checkbox"/> Lip balm  |
| <input type="checkbox"/> Electrolyte Drinks + Honey Sticks           | <input type="checkbox"/> Cash/Debit Card for Hospital parking                    |
| <input type="checkbox"/> Massage Tools                               | <input type="checkbox"/> TENS Machine (If you have one)                          |
| <input type="checkbox"/> 2 Small hair combs                          |  |



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**Cultural Items:**

- |  |   |
|--|---|
| <input type="checkbox"/> Baby Welcome Speech               | <input type="checkbox"/> Drum                           |
| <input type="checkbox"/> Rattle                            | <input type="checkbox"/> Tobacco                        |
| <input type="checkbox"/> Cedar (For first bath – optional) | <input type="checkbox"/> Baby Leather bracelet + Speech |