



Homebirth Supplies

Supplies for You

- Light food for labour
- Acetaminophen 500mg tablets (Tylenol or generic brand)
- Ibuprofen 400mg tablets (Advil or generic brand)
- Dimenhydrinate 50mg tablets (Gravol or generic brand)
- Comfortable clothing options
- Hot water bottle or heating pad
- Pillows
- Pail or bowl for vomiting
- Large pack of extra-large overnight pads (not “dry weave”)
- Fluid replacement drinks or honey
- Ice chips, ice cubes or popsicles

Supplies for your Baby

- Newborn diapers
- Two baby hats, newborn size
- Receiving blankets
- Large, clean towels (not your best ones)
- Olive oil or coconut oil for your baby’s bottom

General Supplies for your Home

- Digital thermometer
- Large, sturdy tray (e.g. cookie sheet, cutting board)
- Stain remover for laundry (e.g. hydrogen peroxide or baking soda)

Hospital Bag

- Pillows
- Refillable water bottle
- Health card
- Clothes for baby to come home in
- Comfortable clothes for you to come home in
- Snacks
- Infant car seat
- A few newborn diapers
- Extra-large overnight pads (not “dry weave”)
- Toiletries (toothbrush, toothpaste, etc.)