



BIRTH BAG PACKING LIST

To have ready at home by 37 weeks:

- Digital thermometer (Celsius)
- Sanitary napkins – both overnight and regular size – avoid “dry weave” and Always brand of pads. Disposable underwear (such as Depends) is an alternative for overnight pads
- Ice pack for perineum after birth
- GRAVOL/Dimenhydrinate - *Adult 50mg tablets* – drowsy type to help with sleep during early labour
- TYLENOL/Acetaminophen - *Extra Strength 500mg tablets* - for use in labour and postpartum
- ADVIL/Ibuprofen – *200mg tablets* - for POSTPARTUM use only
- Medical Benefits information (if applicable) - Find out, ideally before 37 weeks, if your plan covers a semi-private or private room. Please have your insurance info with you when admitted to the hospital. This includes: Insurance Provider (ie. Manulife), Policy Number & Certificate Number.
- Infant car seat – installed and knowledge on how to use

Items for your birth bag:

- Any medications you are taking, including over the counter (prenatal vitamins) and prescription medication
- Small bottle of olive oil for perineal massage & newborn skin care (a few ounces is all we need)
- Baby clothes – hat, undershirt, sleeper, socks, newborn diapers
- A few receiving blankets
- Comfortable clothes for you to wear home
- Juice or other drinks (ie. Gatorade, coconut water, juice boxes)
- Food for you and your support person – snack foods such as sandwiches, fruit, muffins, granola bars, etc are good options.
At the hospital – Tim Hortons & Cafeteria have limited hours

Nice things to have on hand:

- Unscented massage oil
- Blanket or quilt from home for comfort
- Extra pillows
- Nightgown or large t-shirt
- Socks and Slippers
- Relaxing music of your choice
- Hair elastics
- Lip balm



HOME BIRTH SUPPLIES

To have ready at home by 37 weeks:

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- Sanitary napkins – both overnight and regular size – avoid “dry weave” and Always brand of pads. Disposable underwear (such as Depends) is an alternative for overnight pads
- Ice pack for perineum after birth
- GRAVOL/Dimenhydrinate - *Adult 50mg tablets* – drowsy type to help with sleep during early labour
- TYLENOL/Acetaminophen - *Extra Strength 500mg tablets* - for use in labour and postpartum
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- Homebirth supplies kit, provided by midwife (birth pool/liner if applicable)
- Prepare a “to-go” birth bag and have it ready with your car seat

Essential Supplies:

- 6 small towels or receiving blankets to dry baby after birth
- 5-10 facecloths or cut up towels for hot/cold compress
- Sheets for bed (see below, How to prepare the birth space)
- Baby clothes – hat, undershirt, sleeper, socks, newborn diapers
- Small bottle of olive oil for perineal massage & newborn skin care (a few ounces is all we need)
- Space heater, if unable to easily raise house temperature

How to prepare the birth space:

- Bed - place clean sheets on the bed then cover with the plastic shower curtains provided in the birth kit. Secure in place with safety pins provided. Cover the plastic with the older set of sheets. This top sheet will be removed after the birth and gives you a clean bed instantly.
- Birth Pool - If you plan to use the inflatable birth pool, instructions on how to use the liner and fill the tub are provided separately.

In the kitchen please have on hand:

- Juice or other drinks (ie. Gatorade, coconut water, juice boxes)
- Easy to digest food for labour. ie. Toast, plain cookies or crackers, popsicles, etc.
- While attending you at home, your midwifery team will not have the opportunity to leave your home to get food. Snacks, soup or sandwiches are always appreciated. *Please do not eat bananas or kiwi if Buffy is present because of a severe food allergy.*