



Home Birth Kit

Included

- Mesh underwear
- Pads
- Blue absorbent pads
- Orange absorbent pads
- Peri bottle

Additional Required Supplies

- Stack of towels (approx. 6)
- Stack of facecloths (approx. 6)
- Stack of baby blankets (approx. 6)
- Plastic sheets (table cloth or shower curtain) (x2)
large enough to cover mattress
- 2 sets of bed sheets
- 2 large garbage bags
- Ice cream bucket with lid or Large Ziploc bag (for Placenta)
- Tylenol
- Ibuprofen
- Digital Thermometer

Optional Supplies

- Padsicles
- Hydrogen Peroxide (for stains)
- Birth pool (borrowed from clinic)
 - Birth pool liner (\$65 – payable by cash/cheque/EMT)
- Hot bean bag/hot water bottle/heating pad
- Birth ball/exercise ball
- Arnica (for swelling)
- Labour snacks (protein balls, coconut water, Gatorade, popsicles, fresh cut fruit, etc.)
- Gravol (for early labour)

Required Pool Supplies

- Birth Pool (borrowed from Clinic)
- Pool Liner (\$65 payable by cash/cheque/EMT)
- Pump to inflate pool
- Tarp for under pool
- Sieve
- Hose (with connector) to fill