



Burlington & Area Midwives

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Home Birth Supplies

Supplied by Burlington & Area Midwives

- Garbage bags for soiled linens, garbage and your placenta.
- Plastic sheet for bed
- Blue pads and peri bottle
- Cleaning brush

Suggested Additional Birth Items

- 4-6 pillows
- 2 medium sized basins or bowls
- 1 box of "overnight" sanitary pads with wings, without special surface and plastic backing if possible. Kotex are an example.
- 1 bottle of peroxide
- 1 bottle of liquid soap
- 4 garbage bags to cover pillows
- tennis ball, massage tools, hot/cold packs
- If you are considering a waterbirth, please also include a tub and a small plastic strainer
- large t-shirt or nightie for labour
- 1 small unopened bottle of olive oil
- 1 heating pad or hot water bottle
- vinyl mattress cover or plastic sheeting (provides maximum coverage!)
- 1 flashlight
- 1 container of antibacterial wipes
- Snacks and drinks
- Camera

Linen Needed

- 2 cotton pull-on baby hats
- 4 old towels
- 2 sheets
- 4-6 pillow cases
- 6 baby receiving blankets
- 6 old washcloths

Preparation of Linen

These linens are for use during the birth, so you may want to use older items. Machine wash and rinse in hot water. Machine dry thoroughly (when dry to touch, leave in for an additional 10 minutes). Fold and store in sealed, labeled plastic bags.

Preparation of Birth Bed and Pillows

In early labour, put a clean set of sheets on the bed, then cover it with the plastic sheet. Put a second fitted clean old sheet over the plastic sheet to labour on. Pin down the corners with safety pins. Put each pillow with a clean pillow case into a garbage bag and tie or tape closed, then puncture the bag to release the air. Put the pillow into an old pillow case. Repeat for each pillow.

Doing Laundry After The Birth

Any soiled linens can be put in the washer with 1 cup of soap and 1 cup of salt in cold water on a long cycle. Repeat and dry as normal. Oxiclean or peroxide can be added if desired. For best results, wash linens as soon as possible after the birth.

Hospital Birth Supplies

Required Birth Items

- 1 box of “overnight” sanitary pads with wings, without special surface and plastic backing if possible. Kotex are an example.
- soap and other toiletries
- drinks and snacks
- diapers
- underwear

Optional Birth Items

- large T-shirt or nightie for labour
- warm socks, 2 pairs
- tennis ball, massage tools, hot/cold packs
- 1 small unopened bottle of olive oil
- hot water bottle
- camera
- pillow(s) with non-white cases
- music
- change for vending machines and parking
- pen for filling in forms

Going Home Items

- outfit for mother to go home
- outfit for baby to go home
- baby hat
- car seat
- blanket

Packing Instructions

It may be useful when packing for the hospital to organize things into two bags:

- 1) Items to use in labour
- 2) Things to use after birth

You can leave the second bag in the car. After the birth that bag and the car seat can be brought in.

After Birth Supplies (both home and hospital)

- Epsom salts
- Herbal bath (available from Burlington & Area Midwives - \$5 for 4 baths)
- Pain relief (Ibuprofen=Advil and/or Acetaminophen=Tylenol)