



50 McIntosh Drive, Suite 120  
Markham, ON L3R 9T3  
Tel: 905-668-8520  
Fax: 1-855-746-3749  
Email: [info@trilliummidwives.ca](mailto:info@trilliummidwives.ca)

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## Home Birth Supplies Checklist

- 3-6 pillow (for comfort)
- 2 old and clean fitted sheets
- 1 large plastic sheet to cover mattress
- 6 old wash cloths
- 3-6 old towels
- 3-6 baby flannelette receiving blankets
- 2 baby hats, cotton pull-on, diapers, baby clothes
- 2 cookie sheets or flat trays (for midwives' equipment)
- 2 large bowls (for hot water and placenta)
- 1 small unopened bottle of olive oil (for perineum during birth and for baby skin)
- 1 box of "Incontinence" pads or long "Overnight" sanitary pads
- Digital (oral and underarm) thermometer
- 4 large garbage bags (2 to cover the pillows, 1 for used linen, 1 for garbage)
- Bright portable light or flashlight
- Portable heater
- Food for the mother and supporter
- Gravol (Dimenhydrinate) 50mg