

Home Birth Checklist

Labour Essentials

- ☐ Dark towels
- ☐ Shower curtain (to protect surfaces)
- ☐ Snacks + beverages
- ☐ Incontinence pads
- ☐ Comfortable clothing to labour
- ☐ Lip Balm
- ☐ Water bottle
- ☐ Maternity pads
- ☐ Sick pail
- ☐ Dark towels
- ☐ Copies of birth preferences
- ☐ Camera (photo + video)
- ☐ Phones + chargers
- ☐ Mirror- to watch baby's birth
- ☐ Supplies for placenta encapsulation
- ☐ Contact information for family, friends, doula
- ☐ Mirror- to watch baby's birth
- ☐ Hospital contact information
- ☐ "Just in case" bag- in case you need to go to hospital

Comfort Measures

- ☐ Massager + oil
- ☐ Essential Oils
- ☐ Hypnobirth tracks
- ☐ Birth ball and/or CUB
- ☐ Two face cloths
- ☐ Bendy straws
- ☐ Ear plugs fto help with focus)
- ☐ Labour cloth/wrap
- ☐ TENS machine
- ☐ Birth pool + accessories
- ☐ Hot water bottle
- ☐ Ice pack
- ☐ Tennis ball(s)
- ☐ Ear plugs
- ☐ Homeopathic remedies

Your Birth Space

- ☐ Candles
- ☐ Birth affirmations
- ☐ Pictures you love
- ☐ Artwork of older siblings
- ☐ Sentimental items

Post Natal Essentials

- ☐ Dark towels- for clean up
- ☐ Blankets to keep you + baby warm
- ☐ Comfortable nightdress/pyjamas
- ☐ Maternity pads
- ☐ Nursing bra and pads
- ☐ Nipple cream

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