

# *Briar Hill Midwives*

## SUPPLIES TO BRING TO BIRTH CENTRE

1. 2-3 loose, comfortable shirts or gowns
2. 2-3 pairs of old socks
3. 2-3 old panties. Disposable panties from the birth bag work great.
4. Unopened bottle of olive or almond oil for perineal compresses
5. Toiletries
6. Food, snacks and drinks for yourself and partner (there is a fridge for storage)
7. Receiving blankets (4)
8. Layette for baby including:
  - Undershirt
  - Socks
  - Sleeper or other clothes
  - Hat (even in summer)
  - Sweater
9. Diapers
10. Car seat (ensure you know how to adjust it to fit the baby. Practice putting it in/out of the car.
11. Optional:
  - Music. Birth centre has a CD player
  - Massage oil
  - Any other items that may help you to relax

At home you will need to have these things:

- Thermometer
- Q-tips
- Package of maxi pads (the thicker the better). Note that extra absorbency isn't enough, they must feel thick.
- Tincture of Calendula (available in birth bag)

Please note that it is useful if dad also helps to pack this bag so he knows where things are kept.