BIRTH PARTNERS' HOSPITAL CHECKLIST

Birth partner essentials

- Mobile phone and charger
- A watch or smartphone app for timing contractions
- Camera of camcorder if you want to take photos or video
- Plenty of coins for the car park and vending machines
- Snacks and drinks to keep your energy up
- A change of clothes and layers so you're not too hot or cold
- Toiletries to freshen up if you're in the hospital for a while
- Books or magazines for passing any waiting time

Make sure you also know where things are in your partner's hospital bag, so you can help to find anything she needs during labour.