BIRTH PARTNER'S TRAVEL CHECKLIST

- Keep your car topped up with petrol or diesel
- Work out the route and travel time in advance
- Know where the labour ward or birth centre entrance is
- Know where to park and bring change for the car park machine
- Bring the mum-to-be's hospital bag - and your own
- Bring the maternity notes and birth plan
- Make sure your phone is charged at all times
- Put some towels and water bottles in the car