

You might be the one in labour, but your partner will certainly need to bring some essentials to the hospital when you give birth

For your partner to pack for the birth

- Snacks and drinks
- Change of clothes
- Blanket
- Magazines/book
- Toiletries, such as deodorant, toothbrush, toothpaste
- Money
- Change for the hospital car park
- Camera
- Mobile phone - yours and his
- Chargers for camera and mobile phones
- List of phone numbers, in case you can't use mobile

