

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

