



BIRTH PARTNER'S HOSPITAL BAG

- ☐ Smartphone and charger
- ☐ Loose change
- ☐ Toiletries and medication
- ☐ A change of clothes, plus swimwear
- ☐ Comfortable shoes
- ☐ Glasses or contact lenses
- ☐ Printouts for labour
- ☐ Music and a bluetooth speaker
- ☐ Books, magazines, puzzles or downloaded entertainment (programmes, games and movies)
- ☐ Snacks and drinks
- ☐ A pillow
- ☐ Pain management aids (e.g. TENS machine) and birth aids (e.g. birthing ball)

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.