

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

