



## Birth partner essentials

- Mobile phone and charger**
- A watch or smartphone app** for timing contractions
- Camera or camcorder** if you want to take photos or video
- Plenty of coins** for the car park and vending machines
- Snacks and drinks** to keep your energy up
- A change of clothes** and layers so you're not too hot or cold
- Toiletries** to freshen up if you're in the hospital for a while
- Books or magazines** for passing any waiting time

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.