

Birth partner's hospital bag checklist

Your partner may not be the one birthing the baby, but they'll need some creature comforts as well:

- Fav snacks and drinks
- Pillow and blanket
- Eye mask
- Body wash/soap + lotion
- Shampoo + conditioner
- Towel
- Contacts + case/solution
- Deodorant
- Toothbrush, toothpaste + floss
- A couple of changes of clothes
- Comfy shoes or slippers
- Cell phone + charger/tablet + charger
- Books + mags
- List of people to call or text when baby is born
- Refillable water bottle

Notes + extras to remember:
