

PARTNER PACKING LIST



Think of labor like a long car ride where you might not be able to make a stop for several hours. Pack items that will help you stay comfortable & at your best for your partner.

PHONE AND CHARGER

Forgetting your phone is unlikely, but grab your chargers too. If you have a spare battery pack for your phone drop in your bag as well.

CAMERA AND CHARGER

If you have a camera that takes better pictures than your phone, pack that along with a battery at full charge and an empty memory card.

SOMETHING TO READ OR WATCH

There might be times in labor where you will want to keep yourself busy. Bring a book, iPad, laptop or anything to keep yourself occupied quietly.

PILLOW AND BLANKET

You might have a chance to catch a nap during labor and having your own pillow and blanket will make it that much easier.

FLIP FLOPS/SLIPPERS OR SOCKS

Great to have another option for your feet.

TOILETRIES

Bring everything that you would need if you were staying at a low cost motel. Assume nothing will be provided.

SWEATSHIRT/JACKET/HOODIE

You likely will not have any control over the temperature and it will most likely be cold. Wearing layers is a good idea and packing a sweatshirt, jacket or hoodie is a must.

WATER BOTTLE

Staying hydrated is a key factor in taking care of yourself. Having your own bottle will remind you to fill it and drink up.

MINTS, GUM, WISP TOOTHBRUSHES

Do everything in your power to avoid bad breath. This is really important if you are drinking coffee.

SNACKS

Staying nourished is another key factor in taking care of yourself. Bring food that is easy to eat, doesn't require refrigeration or cooking and most importantly...doesn't smell.

CASH & CARDS FOR PARKING AND SNACKS

You might have to use cash for parking or extra vending machine snacks.

CHEAT SHEETS

Pack all items from your childbirth class(es) that have helpful information for labor. There are several cheat sheets provided in the SupportingHer online course in the Extras section that are great to have on hand for quick reference.