

Partner Packing List

- Phone and charger
- Camera and charger
- Water bottle
- Sweatshirt/jacket
- Change of clothes
- Something to read or watch (book, ipad, etc)
- Pillow and Blanket
- Flip flops/slippers/comfy socks
- Cash & credit cards for parking & snacks
- Toiletries
- Snacks
- Breath freshener
- Contraction Timer App
- Any print-outs/info from childbirth classes that are helpful to you