BIRTH PARTNER HOSPITAL BAG

The support person's bag

Their bag is for the birth. Yours is for keeping the two of you fed, charged and functional for a day or two. Pack it by 36 weeks and leave it in the car.

TandemBirth
tandembirth.com/birth-partner-hospital-bag

Paper and numbers

- [ ] Three printed copies of their birth plan (one for the chart, one for the nurse, one for you)
- [ ] Your partner one-pager, folded, in your pocket
- [ ] Their ID and insurance card; your ID
- [ ] Pediatrician's name and number, if chosen
- [ ] The call list on paper, in order, in case your phone dies
- [ ] Parking details, the after-hours entrance, cash or a card for the garage

Keeping you going

- [ ] Snacks that do not smell (bars, nuts, crackers, dried fruit); labor can last a day
- [ ] A big water bottle, and change or a card for the vending machine
- [ ] Phone, a long charging cable (outlets are never where you are), a portable battery
- [ ] Headphones for the long quiet stretches
- [ ] Two changes of clothes, including something warm; delivery rooms run cold
- [ ] Comfortable shoes you can stand in for hours
- [ ] Swim trunks or quick-dry shorts for the shower or tub
- [ ] Toothbrush, deodorant, face wipes, eye drops, any medication you take
- [ ] Your own pillow in a colored pillowcase so it comes home
- [ ] A book or something downloaded; the waiting is real

For supporting them

- [ ] Two tennis balls in a sock, or a massage tool, for counter-pressure
- [ ] Lip balm and hair ties for them, within reach without asking
- [ ] A small speaker or the playlist downloaded, if music is in the plan
- [ ] Battery candles or a dimmable light, if the birth place allows them
- [ ] A hand fan, and a washcloth you do not mind losing
- [ ] Their own robe or gown, slippers and warm socks
- [ ] Their snacks and drinks, cleared with the care team
- [ ] Glasses if they wear contacts; contacts usually come out

For the baby and for after

- [ ] Car seat installed and checked before 36 weeks, base left in the car
- [ ] A going-home outfit in two sizes, a hat, a blanket for the car seat
- [ ] A notebook and pen: write the timeline of the birth while it is fresh (times, who, what was said)
- [ ] Camera or phone space cleared, if photos are in the plan
- [ ] Snacks and a drink for them for right after; they will be hungry

Ask the birth place what they provide

Most hospitals supply diapers, wipes, swaddles, pads, mesh underwear, a peri bottle and basic toiletries for the birthing person. Ask at a tour or a prenatal visit so you pack less. Birth centers and home births differ; your midwife will have her own list.

The one thing to get done first: the car seat. Everything else can be bought at a pharmacy on the way. The free two-person planner at **tandembirth.com/planner** builds a call-and-go card with your own numbers and the plan for the other kids and pets. No account; answers stay on your phone.