# HOSPITAL BAG CHECKLIST-THE DAD BAG/ BIRTHING PARTNER

- [ ] Ensure Car Seat is in car
- [ ] Ensure Mum and Baby Bag is in the Car
- [ ] Copy of Birth Plan/ Preferences
- [ ] Snacks for Mum and Dad
- [ ] Energy Drinks/ Water
- [ ] Playlist for Mum
- [ ] Download app to time the contractions
- [ ] Download Netflix to pass time
- [ ] Book if preferred
- [ ] Mums phone and Dads Phone
- [ ] Phone Charger
- [ ] Money and change for carpark
- [ ] Change of Clothes
- [ ] Deodorant/ wipes to freshen up
- [ ] Toothbrush & Tooth Paste
- [ ] Cooling Mist/fan for Mum
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