



# The Birth Partner's Hospital Bag

by Siobhán Stack

When we think of “packing the hospital bag”, we immediately think of the bag that mum-to-be needs to pack which, let’s face it, is the most important! However, it definitely helps for the birth partner to be organised too, as it will minimise any additional stresses that you would rather do without on the day.

Here are some of the key items that a birth partner should consider having ready in advance:

## 1) *Announcement Strategy*

Agree with mum-to-be the plan for announcing baby’s arrival. Some new mums prefer to wait a few hours and enjoy the time together with their newborn before sending any texts or making any phonecalls. Others are happy for the birth partner to send photos/texts while they are still in the delivery room. Whatever is decided, agree it and **STICK TO IT!**

*(TIP: have the announcement text ready going into hospital, which means you just need to hit the send button when the time comes to letting everyone know)*

## 2) *Loose Change*

Whether to buy food or drinks from vending machine - particularly if you are in the hospital late at night when the shop/ coffee shop is closed - or to pay for parking, it is important to have plenty of coins at the ready.

## 3) *Food & Water*

While you will most likely be able to buy food of some sort at the hospital, your options may be limited, late at night particularly. So, it is a good idea to have something that slowly releases energy, like a protein bar, breakfast bar etc packed. Water is also preferable than fizzy drinks for keeping both the birth partner (and mum!) hydrated.

#### 4) Phone Charger

Particularly in the case of a long labour, your phone will get loads of use and therefore it is crucial to have a method of charging your phone at the ready. Whether it's a power pack or a plug-in charger, this is a really important item to pack – the last thing you want is to have run out of charge and not be able to take those crucial photos when baby is first born!

#### 5) Reading Material

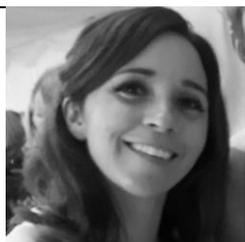
It is always a good idea to bring something physical to read too (e.g. book, magazine, newspaper etc).

#### 6) Change of top/clothes

If the birth partner plans on having skin to skin contact with the baby immediately after birth, it will be important to have a fresh top for afterwards. Even if skin to skin contact doesn't take place, in the case of a long labour, the birth partner may want to freshen up and change top/clothes without having to leave the hospital.

#### 7) Items for Freshening Up

In addition to a change of top/ clothes, if the birth partner is in the hospital for a long time, they may want to freshen up and therefore should bring a small supply of items for this purpose, particularly where home is a distance away from the hospital – e.g. deodorant, toothbrush & toothpaste etc.



Siobhán Stack is the owner of Ulluv, an online business selling hospital bags solutions to expectant mums, taking the hassle out of packing the hospital bag! Check the range out at [www.ulluv.com](http://www.ulluv.com).

