

Hospital bag for your birth partner

Use this as a starting list. Ask your own maternity unit about supplies, feeding and admissions rules.

- ☐ **Personal needs**
A change of clothes, toiletries and glasses
- ☐ **Food**
Snacks, drinks and water bottle
- ☐ **Contact**
Phone, charger and key contact numbers
- ☐ **Medicines**
Any medicines the partner needs
- ☐ **Practical**
Transport/parking arrangements and hospital entry rules
- ☐ **Supporting birth**
Swimwear if joining a birth pool, where permitted

Local policies differ: Supplies vary by unit. Hull explicitly asks formula-feeding families to bring sealed ready-made starter packs; this is a local policy, not a universal requirement. Ask your own maternity unit.

Source: NHS Best Start in Life; Hull University Teaching Hospitals maternity guidance. Checked 2026-09-30.

Full source links: <https://babydayplan.com/hospital-bag/partner/>

Independent planning guide; not medical advice. Follow your care team.