

Fathers to be- what to pack for hospital

Clothing

- A change of clothes
- Pyjamas
- Appropriate attire if you plan to stay with mum

Toiletries and medicines

- Toothbrush and toothpaste
- Face washer and soap
- Razors
- Medications that you take regularly

Food and drinks

- Easy to prepare food in case childbirth goes for longer than expected
- Drinks like a bottle of water or fruit juice
- Healthy snacks such as fruit or nuts which you can munch on at any time without leaving her side

Things you'll need for the birth

- Something to massage your partner
- A camera to capture those special moments at the beginning of your baby's life
- A watch with a second hand so that you can time her contractions
- If your partner is planning a water birth, don't forget your bathers

Day to day essentials

- A bit of money
- A list of phone numbers for all the people you'll want to contact, your mobile phone and charger