

My partner is pregnant checklist

- ☐ A hand held water spray fan
- ☐ Comfortable shoes to walk with them
- ☐ A change of clothes in case of extended stay
- ☐ Bendy straws to help them stay hydrated
- ☐ Swimwear for the birth pool
- ☐ Mobile phone/ charger/ power bank
- ☐ Camera
- ☐ Snacks, food, favourite drinks so I dont have to leave their side to get food.
- ☐ Spare change for car park/ vending machine
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