

Hospital Checklist

Get a list together of the items you need for your hospital bag and make sure mom's and your baby's bags include the basics. Keep the list with your bag to double check before you head out (if you have time). Here are our basic lists, but add your own items:

Dad's List

- Childbirth Cornerman's Guide.
- Document folder—insurance cards, birth plan, admission forms, ID, etc.
- Change of comfortable clothes
- Pajamas and slippers for overnight.
- Long-sleeve shirt, hoodie—hospitals can be cold.
- Board shorts for time in the shower helping your wife.
- Toiletries: toothbrush, razor, shampoo, deodorant.
- Comfortable shoes—you may do a lot of walking.
- Food and drinks in a small cooler.
- Energy drinks, trail mix.
- Pen and pad of paper.
- Cell phone, charger and earphones.
- Laptop computer.
- External USB power bank.
- Power strip with extension cord.
- Bluetooth speaker/player with her favorite music.
- Camera with memory card, charged battery.
- Address book/phone numbers to announce the birth.
- Book, magazines, games, cards—it can be a marathon.
- Headache medication (most hospitals won't provide it).
- Your pillow and a blanket.
- Nice, soft toilet paper.
- Optional: a small air mattress so you can sleep at night.
- _____
- _____
- _____

For Mom

- Nightgown, robe, slippers, socks (bring extra).
- Toiletries and makeup (hair bands/chapstick).
- Her pillow.
- Change of clothes and going home outfit.
- Pain-easing aids: tennis ball, massager, lotion, etc.
- Hard candies, snacks for after the birth.
- Book, magazines.
- Cell phone, (iPad/laptop) chargers and earphones.
- Her favorite food and beverage
- ID cards.
- _____
- _____
- _____

For Your Baby

- Outfit for going home.
- Hat and booties to stay warm.
- 2 blankets for swaddling, etc.
- Installed car seat.
- _____
- _____
- _____

“ A handheld, battery-powered electric fan with foam blades might as well have been duct taped to my left hand during my wife's labor. Keeping a nice even stream of fresh air was key to helping her feel as comfortable as possible. That was really the only thing that was helpful throughout the entire process.”

—Veteran Dad