*** HOSPITAL CHECKLIST FOR DAD-TO-BE**

ESSENTIALS FOR MOM & BABY

- HOSPITAL BAG (DOUBLE-CHECK SHE HAS HERS PACKED!)
- BIRTH PLAN (IF YOU HAVE ONE)
- **✓** INSURANCE CARD & ID
- COMFORTABLE OUTFIT FOR MOM (LOOSE, NURSING-FRIENDLY)
- GOING-HOME OUTFIT FOR BABY (WEATHER-APPROPRIATE)
- SWADDLE & BLANKET



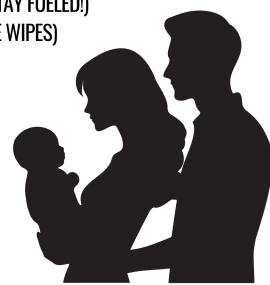
W ESSENTIALS FOR DAD

- COMFORTABLE CLOTHES (YOU MAY BE THERE FOR A WHILE!)
- SWEATSHIRT OR JACKET (HOSPITALS CAN BE COLD)
- **☑** PILLOW & BLANKET (HOSPITAL CHAIRS AREN'T THE BEST FOR SLEEPING)
- ✓ PHONE CHARGER & POWER BANK
- HEADPHONES (FOR CALLS OR DOWNTIME)
- **✓** SNACKS & DRINKS (LABOR CAN BE LONG—STAY FUELED!)
- ▼ TOILETRIES (TOOTHBRUSH, DEODORANT, FACE WIPES)



IMPORTANT DOCUMENTS

- BIRTH PLAN (PRINTED OR DIGITAL)
- **▼** INSURANCE & HOSPITAL PAPERWORK
- **✓** LIST OF EMERGENCY CONTACTS



*** HOSPITAL CHECKLIST FOR DAD-TO-BE**

CAPTURING THE MOMENT

- CAMERA OR PHONE WITH EXTRA STORAGE
- TRIPOD OR PHONE STAND (IF RECORDING)
- NOTEBOOK OR JOURNAL (TO WRITE DOWN FIRST MOMENTS)



ILABOR & SUPPORT ITEMS

- MASSAGE TOOLS (TENNIS BALL, BACK MASSAGER)
- LIP BALM & LOTION (FOR MOM)
- MUSIC PLAYLIST (FOR A CALMING OR UPLIFTING ATMOSPHERE)
- PEPPERMINTS OR HARD CANDY (FOR MOM'S DRY MOUTH)



- **✓** INSTALL THE CAR SEAT (PRACTICE AHEAD OF TIME!)
- KNOW THE BEST ROUTE TO THE HOSPITAL
- ARRANGE FOR PET CARE (IF NEEDED)



✓ FINAL TIP: STAY CALM & PRESENT!

YOUR ROLE IS TO SUPPORT, ENCOURAGE, AND BE READY
FOR ANYTHING. THIS IS A LIFE-CHANGING MOMENT, AND
YOUR PRESENCE MEANS THE WORLD. YOU'VE GOT THIS!

