



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



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)



LABOR & SUPPORT ITEMS

- ✓ MESSAGE 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)



FINAL PRE-HOSPITAL CHECKLIST

- ✓ 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! 💪

