

ROOKIE DAD BLOG

TIPS, TRICK AND INFORMATION FOR NEW FATHERS

www.RookieDadBlog.com:

Hospital Packing and Prepping Checklist from www.RookieDadBlog.com:

- Cosmetic Bag
 - Hair band(s)
 - Lip gloss/lip balm (*chapstick*)
 - Toothbrush + Toothpaste
 - Deodorant (*your wife's*)
 - Moist facial wipes
 - Face soap
 - Lotion
 - Shampoo
 - Hair-brush
 - Make-up
 - Stool Softeners
 - Pain medicine
 - Hemorrhoid wipes/cream
 - Enema (or prune + pear juice)
 - Small spray bottle
 - Nursing bra
 - Lansinoh cream and Soothies
 - Socks/Slippers
 - Distractions (portable DVD player, laptop, DVDs, books, mags, etc.)
 - Ipod + Speakers *for delivery room*
 - Camera/Video Camera
 - Toss-away nightgown
 - Any necessary medications for you or her
 - Stop watch
 - Granny-panties (5 pair)
 - Cell phone + charger
 - Address book / list of people to call (and order in which to call)
 - Special treat(s)/snacks for after delivery
 - Pillow(s) from home
 - Clean nightgown/PJs
 - Heavy-flow maxipads
 - Going home outfit for baby (hat, socks, receiving blanket, etc.)
 - Going home outfit for mommy (go for most comfortable outfit she owns)
 - Going home shoes for mommy (flat and slip-on kind are best)
 - Car Seat (should meet federal regulations and be properly installed)
 - Cash
 - Clothes and Distractions for Daddy
 - Comfortable shoes
 - 2 Changes of Clothing
 - A bathing suit
 - Toiletries (deodorant, your own toothbrush, etc.)
 - Powder/lotion for labor massages
 - Tennis ball or massage roller for lower back massages during delivery
 - Journal
 - Other distractions (iPod or iPhone, book, laptop, crossword puzzle, etc.)
-

See the full blog post and pack list item descriptions at:

<http://www.chartroomcreative.com/rookiedad/2009/07/29/the-hospital-kit>