



RookieDadBlog.com

TIPS, TRICK AND INFORMATION FOR NEW FATHERS



Hospital Packing and Prepping Checklist

Before/During Delivery:

Cosmetic Bag

- Hair band(s) & Hair Clip(s)
- Lip gloss/lip balm (*chapstick*)
- Toothbrush + Toothpaste (*yours and your wife's*)
- Deodorant (*yours and your wife's*)
- Face soap + Face Lotion
- Body Lotion
- Shampoo + Conditioner
- Hair-brush (big)
- Hair-product
- Curling Iron
- Make-up
- Pain medicine (*yours*)
- Any regular, necessary medications you and she needs (i.e. prenatal, cholesterol medication, etc.)
- Socks (2)
- Slip-on flip-flops (that can get gross – we'll be taking some of her old slip-one Adidas flops)
- Laptop, cord (DVDs – i.e. *Knocked Up*)
- Books, magazines
- Ipod + Speakers
- Camera + Charger + Memory Stick Adapter
- Video Camera + Charger + Blank Tapes + Tripod
- Stopwatch/watch
- Cell phone + charger(s) (*yours and hers*, respectively)
- Phone/Email List – so you can call them and let them know the status!
- Pillows from home + pillowcases (2) – *Be sure to bring colored pillowcases lest they get lost in the hospital laundry.*
- Cash/Coins for Hospital Vending Machines
- Mommy's Journal
- Birthing/Exercise Ball
- Rice and lavender in a tube sock (to act as a heating pad)
- Sour hard candy or lollipops
- Kneeling pad (for labor)
- Wooden massage toys (whatever works and feels good to mommy)

- Massage oil (*coconut oil has little to no smell*)
- Bathing suit (*for instances of laboring in the shower*)
- Insurance Card**
- Copies of Birth Plan**
- Daddy's Little Labor Book** (*will be posting on this soon*)
- Fan
- A small clip-on light so that dim lighting can be maintained
- Cooler:
 - Diet Cokes and fruit juice (for you and her, respectively)
 - Laborade (*will be posting on this soon*)
 - Flex straws for mommy
 - Food for Daddy:
 - Slimfast
 - Power Bars/Cliff Bars
 - TrailMix
 - Almonds
- List of reasons why you want to do natural childbirth (*if that's what your plan is*)
- Focal Points:
 - Ultrasound picture
 - Something of the baby's (sweater, onesie, toy, etc.)
- Change of clothes (*for RookieDad – in case it gets messy. Chin up, soldier. It's not as bad as it sounds.*)
- Comfortable shoes (*for RookieDad – labor will be hard work for you too*)
- Wash Cloths (2)
- Paperwork for Cordblood (*if you plan to donate it*)
- Baby Book (*for capturing footprints*)
- Bathrobe (*for mommy*)

Post-labor/Post-Delivery

- Nursing Bras (2)
- Lansinoh crème OR organic oil-based topical + pads
- Granny Panties (2 pair)
- Clean nightgown + PJs
- Heavy Flow Maxipads
- Outfit for Baby
 - Hat/Toboggan/Cap
 - Onesie
 - Sweater
 - Diapers
 - Receiving Blanket
 - Bunting & Heavy Blanket
 - Socks/Booties
- Outfit for Mommy
 - Comfy pants (*my wife will be wearing some black knit maternity pants*)
 - Socks
 - Comfy shoes
 - Shirt or Sweater (*depending on time of year*)
 - Jacket (*depending on time of year*)
- Outfit for Daddy:
 - Comfy Pants
 - Socks
 - Comfy Shoes
 - Comfy Shirt
 - Change of Underwear
- Car seat + base (*should already have this installed to manufacturer's specifications*)
 - BundleMe (*a car seat boot made by J.J. Cole allows for easily getting the baby into the car seat while quickly and easily wrapping them up and keeping them warm*)
 - Clearly, you'll need a car as well.
- Cigars to pass out (*what RookieDad wouldn't do this?*)
- Daddy's Journal (*for documenting your thoughts, feelings, and emotions during the hours after your baby is born*)
- RookieDad Clothing Extras:
 - Underwear (2 changes)
 - Change of clothes (*additional set outside of going home outfit and messy delivery outfit*)
 - Pants
 - Socks
 - Shirt
 - Belt
 - PJs
 - Slide-on Flops
- Bath Towels (2)
- Food for After Delivery (*probably will have to go and get this – for my wife this meal will be sushi*)

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

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