



CookChildren's

DAD'S BAG

PACKING FOR THE HOSPITAL

One of the many jobs you'll have as the expectant dad is having everything ready to go for the big day (or night). To make the hospital stay go easier and more comfortably, our dads tell us what you should have packed and when.

When to pack

Start packing the dad bag around week 30. It may seem like a long way out, but if there are any surprises, having the basics in your bag will reduce a lot of stress. By weeks 34-36 you should have almost everything you need already in the bag. By 39, it should be fully packed, and good to go.

Energy supplies

While the hospital may have plenty of food and drink items, you really won't have a lot of time so it's best to have what you need right by your side, so you can be by right by your partner's side. Plus, you'll need to keep your energy up as you support your partner through the labor process.

- Snacks - trail mix, energy bars, protein bars etc. can help keep your energy level up.
- Bottled Water (it is important to hydrate)
- Chewing gum or Mints (it helps you stay alert and your wife will appreciate it when you're helping with breathing exercises).

Photos and videos

If you're planning on capturing the moment, be prepared ... there are no retakes.

- Camera or charged phone
- Chargers /batteries

Contact list

Even if everyone you need to call or text is in your phone's contact list, it's helpful to have a written "priority" list.

- Family
- Insurance (mother's insurance as well as baby's)
- Work (alert benefit's department & manager of spouse's leave)



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In your wallet

- Your driving license
- Insurance card
- Debit and/or credit card
- Cash (one-dollar bills for vending machines)

For the hospital

- Comfortable clothes
- Sweatshirt (hospitals tend to be cold)
- Comfortable shoes – no open toes
- Toiletries (toothbrush, toothpaste, medicines, fragrance-free deodorant, contacts etc.)
- Swimwear if you're doing a water birth at a birthing center
- Streaming Device (Note: WiFi is not reliable in most hospitals, have entertainment already downloaded)
- Device and speakers for music – whatever your wife feels will help her relax under the circumstances
- Pillow and blanket

Extras

Because so much can be happening, here are a couple of things dads say they wish they'd packed:

- An extra set of car and house keys in their bag
- Aspirin or acetaminophen
- Prescription medication you need on a daily basis
- Extra pair of glasses and contact lenses
- Small comfy pillow and light blanket

