



DAD BAG CHECKLIST

List for everyone

- Medications
- Comfortable clothes (pajamas, shorts, t-shirt, underwear)
- Phone (tablet, headphones, charger) and all its accessories
- Long device chargers
- Your list of baby names
- Special gifts you want to give your baby or your wife
- House slippers
- Snacks (favorite treats)
- Toiletries
- Glasses and contact gear
- Toothbrush, toothpaste and floss
- Deodorant for him and her
- Lotion (travel size)
- Shampoo & body wash
- Hair ties and shower cap

List for baby

- Clothes for stay (based on estimated weight from Dr.)
- Going home outfit
- Car seat (base already installed if possible)
- Bottles

List for mom

- Nursing bra
- Comfy pants without a tight waistband
- Full frontal zip hoodie
- Going home outfit to match baby (she will tell you the one)
- Nipple shield
- Nipple balm

List for dad

- Your phone
- Photo ID
- Health Insurance Card
- Name of pediatrician
- Music playlist to play when coming home
- A special written message to your newborn and wife
- A friend to be able to talk to about it

Don't worry about

Diapers (adult or baby)
Wipes
Work