

# Hospital Bag Checklist for Dad and Partner

Checklist · 60 items · 13 sections

Everything the support partner needs for labor and delivery: documents, comfortable clothes, snacks for long shifts, charging gear, active birth tools, and items for the trip home.

Open the editable version online:

<https://genechecklist.com/checklist/hospital-bag-checklist-for-dad>

## DOCUMENTS

- Pack your photo ID and driver license  
**HIGH**
- Bring your insurance card and a backup copy on your phone  
**HIGH**
- Carry the completed hospital pre-registration paperwork  
**HIGH**
- Pack a printed copy of the birth plan to hand to nurses at shift change  
**HIGH**  
*Keep it to one page and use bullet points so staff can scan it quickly*
- Save the OB or midwife contact number in your phone and write it on paper as backup  
**HIGH**
- Print a contact list for family and friend announcements with phone numbers  
**HIGH**
- Bring the pediatrician contact information for hospital paperwork

## CLOTHING

- Pack comfortable clothes for 2 to 3 days (joggers, t-shirts, soft shorts)  
**HIGH**
- Bring layers because L&D rooms are kept cold (hoodie, zip-up, long sleeve)  
**HIGH**
- Pack slippers or slides for the hospital room  
**HIGH**
- Wear shoes you can move and run in (sneakers, no sandals)  
**HIGH**

- Pack a clean going-home outfit including socks and underwear

HIGH

- Bring a swimsuit or quick-dry shorts if you plan to get in the shower or tub with your partner

## TOILETRIES

- Pack a toothbrush, toothpaste, and floss

HIGH

- Bring deodorant: you will be in the room for many hours

HIGH

- Pack body wipes for days when there is no chance to shower

HIGH

- Bring ChapStick: the air in the hospital is dry

HIGH

- Pack a glasses or contacts case and any backup eyewear

- Bring gum or mints (small spaces, long hours, close contact)

- Pack any prescription medications and a small bottle of pain reliever

## SNACKS AND HYDRATION

- Pack granola bars, protein bars, and trail mix for energy during long labor

HIGH

*You often cannot leave the room and the cafeteria may be closed overnight*

- Bring jerky or other shelf-stable protein for staying power

- Pack peanut butter crackers or single-serve nut butter packs

- Bring a reusable water bottle and refill it often

HIGH

- Eat outside the room when you can: avoid eating strong foods in front of your laboring partner

## PHONE AND TECH

- Charge your phone fully before leaving and bring it

HIGH

- Pack a portable battery pack with enough charge for both phones

HIGH

- Bring a long charging cable (6 to 10 feet) since outlets are rarely near the bed

HIGH

- Pack a camera if you do not want to use your phone for photos

- Bring headphones for music, podcasts, or calls in the hallway

- Pack a tablet loaded with movies and shows for the early labor stretch

## COMFORT ITEMS

- Pack a small pillow from home: hospital pillows are thin  
**HIGH**
- Bring a lightweight blanket for the sleeper chair  
**HIGH**
- Pack an eye mask for sleeping with hallway lights on
- Bring earplugs for the noisy postpartum floor

## ACTIVE BIRTH SUPPORT

- Pack a massage tool or handheld massager for back and hips  
**HIGH**
- Bring peppermint essential oil for nausea relief (sniff from the bottle)
- Pack a tennis ball or two for counterpressure during back labor  
**HIGH**
- Bring light snacks or honey sticks to feed the birthing person between contractions  
**HIGH**  
*Confirm what your provider allows before active labor*
- Pack a water cup with a flexible straw to offer sips during contractions  
**HIGH**
- Bring a printed contraction timing sheet or have an app ready

## CASH AND CARDS

- Carry small bills (ones and fives) for vending machines  
**HIGH**
- Bring cash or a card for parking and parking garage fees  
**HIGH**

## FOR BABY ARRIVAL

- Install the infant car seat ahead of time and bring it in for the going-home trip  
**HIGH**  
*Hospital will not discharge baby without a properly installed car seat*
- Pack the baby going-home outfit and a backup in newborn and 0 to 3 month sizes  
**HIGH**
- Bring a weather-appropriate car seat cover or extra swaddle for the ride home
- Pack a baby gift from a sibling or partner if doing one

## ANNOUNCEMENT PREP

- Prepare a baby announcement text with the photo and details ready to send  
**HIGH**
- Confirm the social media policy with your partner before posting anything  
**HIGH**  
*Agree on timing, who posts first, and whether to show the baby face or name*
- Organize your call list by tier: immediate family first, then close friends, then everyone else

## TOOLS FOR THE LONG HAUL

- Pack a book or Kindle for downtime
- Bring low-focus work or admin tasks that do not require a meeting
- Download podcasts, audiobooks, and shows in advance (hospital wifi is unreliable)

## DO NOT FORGET

- Grab the parking validation ticket every time you enter the hospital  
**HIGH**
- Pack a car charger so your phone is full for the ride home  
**HIGH**
- Bring a small toy, pacifier, or snack for an older sibling visiting the hospital
- Arrange pet care and confirm the schedule before you leave home

## AFTER BIRTH

- Change into a clean shirt before your first family photo after birth  
**HIGH**
- Pack a small gift or note for your partner to give after delivery
- Plan and order a celebration meal for your partner once they can eat