

The Top 10 Items

Every Expectant Dad Should Have
in their Hospital Go Bag

Written by
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When your baby is first born, it is not only the birth of the new baby, but also the birth of a new family, and the birth of a new dad. This book will explore the items necessary for you to pack in advance and bring along to the hospital.

Packing for the hospital sounds like an easy concept, and a lot of dads wait until the last minute. Believe me, you may do this the first time, but you will never wait until the last minute again.

“So, what should I pack?”

You will need to pack items for yourself, but you should also pack a few goodies for the mommy to be, your own “Mommy Go Sack.”

Let’s start with you first, and you can read the additional Mommy Book next. Take the advice of this book, and be prepared for this baby as if you were a highly experienced dad ready to support your partner.

Daddy Tip:

The next 48 hours or so are NOT about you complaining because you are tired, have a headache, or are thirsty. Bring your items, be prepared, and take care of yourself. Your number one priority is to be ready to support your partner.

Remember: When you hit the last month of third trimester, your baby can come at any time. Make sure you are 100% prepared to leave the house or work at any second to help bring your new family into the world.



1. SNACKS

Snacks are important. It could be your favorite protein bar, protein powder, peanuts, gum, etc.

Snacks are small - bring extras!

If you are a protein powder drinker, bring along some pre-measured packets or zip-lock baggies of your powder.

Try to avoid bringing snacks that have a strong odor.

A small pack of cookies are *always* a good idea.



Daddy Tip:

If your laboring partner says they do not like the scent of your food, get rid of it. In a trash can far, far away.

2. PILLOW

Bring your favorite pillow from home. Maybe not your king size bed pillow, but your favorite couch pillow or neck pillow.



Hospital pillows can be thin, have a plastic coating, and be generally uncomfortable.

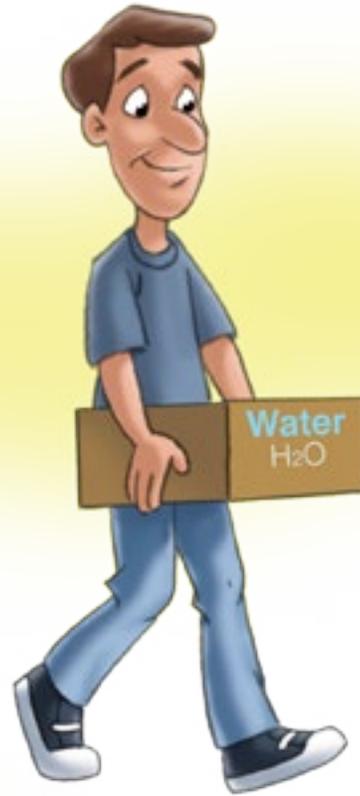
At certain hospitals, there are lists for pillow time. If you have your own, you won't even have to ask.



3. FLUIDS

Of course, there is water at the hospital. However, you are going to get thirsty at a time when you cannot leave the room.

Think as though you are preparing for a marathon and bring your own water (or a sports drink if you prefer).



Daddy Tip:

Every time you go down the hall to get water or ice for your partner, also get water for yourself.

5. TOWEL

Bring a small towel so you don't have to ask for one. The towel in the hospital might be loud, scratchy, and annoying to your laboring partner.

Just do yourself a favor and bring a washcloth to clean your face and/or body.



6. TISSUES



Bring a small travel size.

You may get a runny nose or a booger that has to go.

Once your baby is born, there will likely be some tears of happiness.

Or you may just be the hero who can whip out a tissue at just the right moment and save the day! (For whatever reason the tissue is needed)



7. ELECTRONICS

Cell Phone

This is a must have!



Camera

Just in case your phone breaks or dies, you will want a backup camera to capture all of the first moments.



Kindle or Ipad

Loaded with two books. Bonus points for wifi capability!



Chargers

Cell Phone Charger
Camera Charger
Ipad Charger
Computer Charger
Every Charger - bring it



8. LISTS

You will need several reminder lists while at the hospital:

1. List of those to contact at birth
2. List of those to contact at labor
3. Doctor contact information
4. Doula contact information (if you hired one)
5. Pharmacy contact information
6. Medical insurance card and information
7. Birth plan - as discussed between you and your partner



9. CASH

Small bills and change will be necessary for the:

- Vending Machine
- Parking Lot
- Quick Purchases



Daddy Tip:

Have at least \$50 in various denominations and coinage.

10. COMFORTABLE CLOTHING

1. DaddyScrubs

These scrubs are perfect for the labor and delivery process. They are comfortable, easy to wear, and prepare you for the big moment!

2. T-Shirt

This is great for day two, or for the day you drive home from the hospital. You will want something lightweight, and very comfortable.

3. Daddy Hoodie

Hospitals get cold. A big soft hoodie with a hoodi big enough to pull over your eyes is vital for sleep.

4. Daddy Diaper Pack

This Diaper Pack can double as your hospital go bag. It will hold all of your necessities for years to come!

Also Recommended:

- Underwear (2 Pairs)
- Socks
- Pair of Jeans/Pants



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Founder and CEO of Daddy & Company, Robert (aka Daddy) Nickell, is a well known syndicated columnist for national newspapers, parenting magazines, and websites including: Baby Couture Magazine, Ob Baby! Magazine, and U & Me Magazine.

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