



Labour, Birth & Postpartum Doula

What to pack for you!

Ok Dad, this is your cheat sheet for what to pack for the hospital. Mom is already busy panicking about everything else and doesn't need to think about your bag too.

Here are a few tips and tricks for you to use as a checklist & suggestions for what to bring to the hospital or birthing centre for you!

Expect to stay in the hospital for 24-48 hours after birth depending on the type of delivery your partner has.

- ☐ Weekender Bag
- ☐ Sweatpants
- ☐ Sweater
- ☐ T-shirt/ long sleeve shirt
- ☐ Underwear
- ☐ Sock
- ☐ Sandals/ Slippers

Toiletries

- ☐ Hair Brush
- ☐ Washcloth
- ☐ Towel
- ☐ Deodorant
- ☐ Toothbrush/Toothpaste
- ☐ Moisturizer

Extras

- ☐ Resuable Water Bottle
- ☐ Snacks - think fruits, granola bars etc
- ☐ Pillow
- ☐ Phone
- ☐ Phone Charger
- ☐ Blanket
- ☐ Earphones
- ☐ Book

Happy Packing!