



DERA DESIGN

Checklist for Dad's Hospital Bag

General

- | | |
|---|---|
| <input type="checkbox"/> Choose multi-function hospital bag | <input type="checkbox"/> Pack at 36 weeks pregnant |
| <input type="checkbox"/> Find route to birth centre or hospital | <input type="checkbox"/> Know parking options for regular & off hours |
| <input type="checkbox"/> Know hospital entrance for regular & off hours | <input type="checkbox"/> Take tour of obstetrics ward |

What to Pack

- | | |
|--|--|
| <input type="checkbox"/> Loose change & cash | <input type="checkbox"/> Travel pillow |
| <input type="checkbox"/> Extra clothes | <input type="checkbox"/> Comfortable shoes |
| <input type="checkbox"/> Bags, canvas & waterproof | <input type="checkbox"/> Toiletry Kit: razor, deodorant, toothbrush/toothpaste |
| <input type="checkbox"/> Breath freshening mints or gum | <input type="checkbox"/> Painkillers & medication for you |
| <input type="checkbox"/> Glasses, if you wear contact lenses | <input type="checkbox"/> Snacks & drinks |
| <input type="checkbox"/> Smartphone, tablet, kindle, chargers, batteries | <input type="checkbox"/> Camcorder and/or camera |

What to Download

Movies, reading material, & tunes

Contraction timer app

White noise generator

Birth plan

Health insurance information

Medical notes

Your partner's contact list

Write your own: _____

Important Paper Documents

Birth plan

Health insurance information

Medical Notes

Hospital registration forms

Printouts from antenatal classes

Write your own: _____

Write your own: _____

Write your own: _____
