

Fathering the First: What to Bring to the Hospital Checklist

For The Mom

Management

- ID/License
- Insurance Card
- Birth Plan
- Checklist

Clothing

- Fuzzy Socks
- Slip-on Shoes
- Nursing Bras/Tank Top
- Stretchy Pj's
- Going Home Outfit

Toiletries

- Toothbrush/Toothpaste
- Deodorant
- Lotion
- Glasses/Contacts
- Hair Tie
- Chapstick
- Face wash/Face wipes

For The Dad

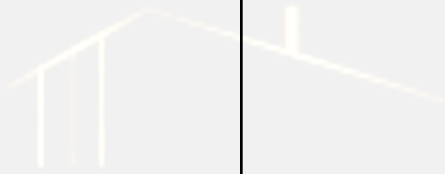
Support

- Phone Charger
- Comfy Clothes
- Pillow
- Gum/Candy
- Phone(s)
- Snacks

For The Baby

- Car Seat
- Onesie(s)
- Bottle
- Baby Blanket
- Pediatrician Info

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THE WALK FAMILY
PODCAST