

First Date Checklist - Men

By Margaret Poe

- Hygiene and personal care**
 - Shower using your favorite body wash or soap.**
 - ;Shampoo your hair.**
 - Remember to brush and floss** ;Keep your breath smelling fresh all night ;by practicing good dental hygiene before the date and by popping a mint or two throughout.
 - ;Swipe deodorant and spray cologne** ;Smell amazing throughout the date by using these products before you go out. But take care not to drown yourself in cologne.
- Clothing and shoes**
 - Wear comfortable shoes** ;Unless you are going to be sitting down for the majority of the evening, comfortable shoes are essential so long as they match your ensemble.
 - Make clothing decisions ahead of time** ;Choose an outfit at least a day before your date to avoid scrambling at the last minute.
- Date destination**
 - Make dinner reservations** ;Choose a nearby establishment that's familiar to both of you. This means less time looking at directions and driving, and a comfortable atmosphere will make both of you feel at ease. Whoever makes the reservations should discuss food tastes with the other to avoid allergy and diet restriction issues.
 - Confirm the reservations** ;Call the restaurant at least 45 minutes before your reservation to avoid embarrassment or time slot confusion.
 - Pick her up** Offer to come fetch her unless she wants to meet you at the destination. Make sure your vehicle has enough gas and is running properly.
 - Make additional event reservations** ;Tickets may be required for some date destinations, such as a movie and dinner date.
- Etiquette and behavior**
 - Ask lots of questions** This is crucial, but avoid it turning into an "interview." Ask about her background, occupation, education, family, friends and anything else you can think of that is appropriate to ask on a first date. Listen to the responses and have your own opinions on things rather than simply agreeing with everything she says.
 - Be courteous to her and everyone around you** It is very important to be polite to your date. However, how you treat servers, people at the bar, movie theater ushers, or anyone you come in contact with while on the date will also demonstrate what kind of person you are.
 - Avoid "ex" talk** ;Keep discussion of past relationships to a severe minimum on a first date to avoid making each other feel uncomfortable.
 - Don't get too intoxicated** ;While a cocktail or two is acceptable to help calm your nerves, you shouldn't be looking to get sloppy drunk on a first date.
 - Keep your phone on silent.**
 - Open car and establishment doors for her.**

- Refrain from making too many negative comments** ;Stick to positive statements and opinions to avoid bad first impressions.
- Pay the check** As a general rule, the man should reach for the bill first. Though you may opt to "go dutch" on later dates, impress her by discretely paying the bill on your first date.