



NICU PACKING LIST

Notepad and pen- This allows you to jot notes about what doctors and nurses say, and to keep track of questions that arise.

Pillow and blanket - If you are recovering from delivery, you may need to rest at your baby's bedside, and will want to be comfortable

Insulated cup with lid and straw – If you are pumping, you will need to stay hydrated and most NICUs allow drinks with lids in the room.

Boppy pillows/ spare cover – These help facilitate breastfeeding if you are attempting to nurse. If you aren't nursing, a Boppy can help you (or visitors) hold fragile babies more securely.

Robe - A robe is a comfortable way to practice kangaroo care (skin to skin contact between parent and baby) while also maintaining modesty.

Nursing cover – If you are pumping, you may want to pump at your baby's bedside, or need to pump in a lactation room where others are present. Nursing covers help you maintain privacy.

Lanolin - If you are pumping, lanolin nipple cream will be your best friend, enough said.

Change of clothes – Babies are messy creatures, and if you find yourself covered in a mess, you'll want to change.

Stain remover – Again, babies are messy. If your baby makes a mess on a visitor or a small mess on you, stain remover will be welcomed.

Toiletries – If you find yourself needing to room in with your baby, or are there for an extended period of time, small toiletries such as toothbrushes and facial soap will be appreciated.

Breast pads/ panty liners – New moms, even those who can't pump or nurse, leak a lot and having spares of these are handy.

Baby lotion – When your baby is strong enough, baby massage is a great way to connect and relax your baby.

Nail clippers/ nail file – Nail clipping is considered cosmetic to hospitals so unless you clip your baby's nails they will become sharp and long.

Books/ high contrast pictures – Even the tiniest of babies appreciate items of visual interest. Can you imagine staring at a blank wall for days on end?

Camera – Inexpensive digital or disposable cameras can be left with your baby. You can ask staff to snap pictures when you are away.

Baby clothes – Most NICUs provide preemie sized clothes for babies who can regulate temperature. However, as a parent it feels good to dress your baby in his own clothes, especially if you receive any as gifts or want to buy a few favorites.

Laundry bag - If you decide to bring your own clothes, you'll unfortunately have to wash them. A laundry bag will help with transport.

Bottles – Before your baby can come home, he'll have to prove himself capable of finishing bottles. The hospital provides small bottles, but you'll want to make sure he can manage the kind you have at home too. You may find that you need to try several before finding the right bottle for your baby.

Bottle Brush - If you bring bottles to the NICU, you'll have to clean them as well. A bottle brush is handy for quick cleanings.