

Things to Bring to the NICU

For Mom

Food/Drink

- High protein snacks, fruit or fruit cups, granola bars, nuts, jerky, and veggies in a bag.
- A refillable water bottle
- Insulated cup with lid

Entertainment/Records

- Disposable camera
- Phone charger
- Activities, books, word finds, sudoku
- Notebook pens and mechanical pencils
- Non-toxic ink pad

Clothing/Home Comforts

- Change of clothes.
- Stain remover/Tide pen
- Nursing cover
- Robe
- Slippers
- Laundry bag
- Pillow and blanket

Toiletries

- Toothbrush/toothpaste
- Soap
- Hairbrush
- Breast pads
- Lanolin

For Baby

Food/Drink

- Bottles
- Bottle brush

Entertainment/Records

- Children's Books
- Music

Home Comforts

- Baby blanket and clothes
- Boppy pillow and spare cover
- Baby wrap (Moby style)

Toiletries

- Baby lotion
- Nail clippers