

Your NICU Parenting Bag: A Checklist

For Your Convenience and Self Care

- Laptop + charger
- Phone + charger
- Tablet + charger
- Kindle + charger
- Headphones
- Device adaptors and accessories
- Informational books or pleasure reading
- Electronic or paper journal, and a pen or pencil
- Water bottle with lid or straw
- Your favorite easy-to-eat dry snack foods
- Electric or disposable heating pads for back or belly
- Over-the-counter or prescription pain medication
- Hair ties and/or a comfortable head band
- Warm and cozy socks
- Ear plugs
- Eye mask
- Wetbag, medium to large
- Freshen up:
 - Makeup essentials, oil blotting sheets, cleansing face and body wipes, toothbrush and paste, deodorant, dry shampoo, extra postpartum pads
 - Doppler Kit: shampoo, conditioner, facewash, body wash, toothbrush and paste
 - Other _____
- Other _____

For Baby: Replace, Restock, Refresh

- Blankets, pacifiers, bedding, clothing, loveys
 - Other _____

Lactation

- Breast pump car charger or vehicle lighter adapter
- A small insulated cooler or lunch box for pumped milk
- Hands-free pumping bra
- Nursing/pumping friendly top
- Breast pump for the car ride
- Other _____