

Expecting a NICU Stay: Your Hospital Bag Checklist

For Birthing Parent

- Hands-free pumping bra (2), and/or a hands-free tube style bra (1)
- Pumping/nursing friendly top for comfort and easy access (2)
- Nursing cover for pumping privacy (optional)
- Quick-clean pump part and accessory wipes
- Copy of a printed NICU Pumping Log with daily totals (3)
- Disposable heat wraps, back and belly therapy for after-pains
- Light to medium-weight cotton robe for kangaroo care
- Hair ties for kangaroo care
- Water bottle with lid/straw
- A hearty stash of convenient easy to eat, dry snack foods
- Receiving blankets for covering baby during kangaroo care (2)
- A baby wrap for skin-to-skin care (optional)
- A plan for renting a hospital-grade pump

For Baby

- Cotton baby hat (2)
- Micro-, preemie, or newborn t-shirt (2)
- Micro-, preemie, or newborn footless pajama/gown (2)
- Cotton lovey (2)
- Receiving blankets for swaddling (2)

For Baby's NICU Space

- Family photos
- A name banner, stuffed animal, or keepsake decoration
- Receiving blankets for light reduction and mattress covers (2)

NOTES

NICU Baby Pumping Log

Day	Date	Skin-to-skin time	My amount								Daily total	Daily total target amount
Day 1												Drops
Day 2												Drops
Day 3												25-75 ml (1-2.5 oz)
Day 4												75-150 ml (2.5-6 oz)
Day 5												150-225 ml (6-7.5 oz)
Day 6												225-300ml ml (7.5-10 oz)
Day 7												300-375 ml (10-12.5 oz)
Day 8												375-450 ml (12.5-15 oz)
Day 9												450-525 ml (15-17.5 oz)
Day 10												525-600 ml (17.5-20 oz)
Day 11												600-650 ml (20-22 oz)
Day 12												650-700 ml (22-23.5 oz)
Day 13												700-750 ml (23.5-25 oz)
Day 14												750 ml (25 + oz)

Pump 8-12 times daily.

Massage breasts before pumping.

Gradually Increase suction from low to maximum, or to your level of comfort.

Pump until milk flow stops and then pump for a few more minutes.

Hand express after pumping for a few minutes.