



NICU STAY PACKING LIST



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FOR YOU:

- Blankets & Pillow
- Phone & Charger
- Tablet / Laptop
- Books/Netflix/Audiobooks
- Headphones
- Ear Plugs
- Eye Mask
- Pyjamas & Slippers
- Clothing that allows for pumping, feeding & kangaroo care
- Snacks
- Large Water Bottle
- Closed travel mug for hot drinks if allowed by your unit
- Lip balm
- Hand cream
- Breast pads
- Maternity pads
- Big knickers

FOR BABY:

- Muslins & muslin swaddles
- Cardigans
- Hats
- Sleepsuits that allow for monitoring (e.g. footless)
- Nappies
- Cotton wool balls or wipes
- Books to read to your baby
- A toy for the incubator / cot if you would like to
- Milestone cards if you'd like to
- Nursing pillow (your NICU may have some you can use to work out which style you and baby find most comfortable before buying)
- Keepsake items like a teddy to compare their size as they grow, or a hand/footprint kit