



Care Packages for the NICU

Be sure to check with your local NICU before putting together and delivering your care packages. Ask for their help in making sure the items in your care packages adhere to their hospital policy.

List of Suggested Items:

- Granola bars
- Fruit bars
- Snacks: chips, crackers, etc.
- Gum, mints, candy
- Room temperature, microwaveable meals
- Instant oatmeal
- Hot chocolate

- Hand lotion
- Lip balm, chapstick
- Tissues
- Dry shampoo, hair brush, hair ties
- Deodorant
- Nail files
- Smell good sprays (Be sure to check on the rules/guidelines for this one!)

- Magazines
- Books to read to the baby
- Small notebooks
- Journals
- Pens
- Thank-you notecards
- Postage stamps

- Gift cards: restaurant, gas, grocery

