



# 72 - Hour Kit (Idea List)

## Baby // Infant // Toddler

### Feeding

- Breast Pump & storage bottles or bags
- Breast Pads
- Bottles with nipples
- Bottled water
- Drinks
- Snacks
- Formula
- Baby Food (Age appropriate)
- Bib
- Food Dish and Utensils
- Spit-up towels (cloth diapers work well)

### Sleeping

- Heavy blanket
- Light blankets (at least 2)
- Portable crib / Play yard
- Sheets for portable crib

### Clothing

- Clothes (2 outfits per day)
- Hat (to keep baby's head warm)
- Hat (to keep sun off baby's head)
- Jacket / sweater
- Pajamas (1 per day)
- Socks (1 pair per day)
- Shoes

### Health & Hygiene

- Pediatrician's phone number
- Medical insurance info.
- Acetaminophen (Infant Tylenol)
- Teething gel (Baby Orajel)
- Antihistamine (Children's Benadryl)
- Anti-gas drops (Mylicon)
- Anti-itch lotion/cream
- Special medications
- Adhesive bandages
- Antiseptic wipes
- Brush/comb

- Hand sanitizer
- Lip balm
- Nail clippers
- Suction bulb
- Sunscreen
- Tissues
- Travel baby bathtub (inflatable)
- Shampoo / soap
- Lotion
- Washcloths (3)
- Towels (2)
- Disposable diapers
- Cloth diapers with covers
- Diaper pins
- Diaper wipes
- Large freezer bags (to hold soiled diapers)
- Changing pad
- Diaper rash ointment with zinc oxide (Desitin)

### Comfort Items

- Pacifiers (at least 2)
- Security blanket
- Favorite Toys, Pillow Etc...

### Miscellaneous

- Infant car seat
- Infant seat / Carrier (Most infant car seats double as infant carriers)
- Sling / Soft carrier / Backpack carrier
- Stroller
- Bath toy
- Safety gates
- Nightlight
- Monitor
- Books
- Toys
- Teething toy