

Women's Pregnant and Parenting Program Packing List

Basic Items Needed:

- ✓ Two week's worth of comfortable clothing that is appropriate for the season. Remember that we are in the middle of the desert, so it is hot in the summer and cold in the winter. (14 outfits)
- ✓ Two week's worth of underwear and socks
- ✓ Comfortable shoes
- ✓ Shower shoes or flip flops
- ✓ Sleepwear
- ✓ Jacket or coat- depending on the season
- ✓ Toiletries, such as toothpaste, toothbrush, hair care products, deodorant and shaving supplies. Please bring alcohol-free products.
- ✓ If you use vapes you must make arrangements to receive them or bring them with you. (Disposable Vapes Only)
- ✓ Envelopes and stamps if you wish to send mail
- ✓ A 30-day supply of medications and doctor authorization for any over-the-counter medications
- ✓ Small reading light

Items for Child Needed:

- ✓ Two week's worth of comfortable clothing that is appropriate for the season. Remember that we are in the middle of the desert, so it is hot in the summer and cold in the winter. (14 outfits)
- ✓ One week's worth of pajamas
- ✓ Two week's worth of underwear and socks
- ✓ Diapers/Wipes
- ✓ Bottle/Formula (WIC Vouchers/Folder)
- ✓ Immunization Record
- ✓ Car Seat
- ✓ Baby Bath
- ✓ One week's worth of receiving blankets (infants only)

Items Not to Bring:

- ✓ Food
- ✓ Alcohol-based Perfumes, Hair Spray or Mouth Washes
- ✓ Cell phones or personal electronic devices
- ✓ Weapons
- ✓ Scissors or hair trimmers
- ✓ Magazines of any type

Miscellaneous Information:

- ✓ Washing machines, dryers and laundry detergent are provided for patient use free of charge.
- ✓ Mail is delivered to and picked up from the Mail Box Monday through Saturday. You are responsible for your own postage or outgoing mail.
- ✓ Our mailing address is:
600 Superior Lane
Yakima, WA 98902
- ✓ Any items brought in that are not allowed will be locked up during your stay. You will not be allowed access to these items until you are ready to leave.