

TRIUMPH Women's Pregnant and Parenting Program Packing List

Basic Items Needed:

- ✓ Two weeks of comfortable pants that is appropriate for the season. We are in Eastern Washington and have all four seasons. (**Max of 14 pairs of pants and/or shorts, 14 t-shirts/long-sleeves**)
- ✓ Two weeks of underwear and socks. (max 14 pairs each)
- ✓ Two weeks of tank tops/undershirts. (max 14)
- ✓ Two weeks of bras. (max 14)
- ✓ Sweatshirts/sweaters. (max 4)
- ✓ Sleepwear. (max 7 sets)
- ✓ A robe.
- ✓ Jacket or coat. (max 2)
- ✓ Up to 3 dresses.
- ✓ Up to 4 pairs of shoes.
- ✓ Shower flip flops.
- ✓ Up to 1 pair of slippers.
- ✓ Toiletries, such as toothpaste, floss, toothbrush, hair care products (1 shampoo, 1 conditioner, 2 combs/brushes), deodorant (1) and shaving supplies (3 razors max). Please bring alcohol-free products.
- ✓ Envelopes and stamps if you wish to send mail.
- ✓ A 30-day supply of medications and doctor authorization for any over-the-counter medications. (All over the counter medications must be unopened)
- ✓ Small reading light.
- ✓ Up to 2 suitcases/duffle bags.
- ✓ An alarm clock.
- ✓ You may also bring:
 - Washable markers. (no gel pens or permanent markers)
 - 3 photos. (no gang signs/clothing, no drugs, no alcohol, no nudity or suggestive poses)
 - 1 make-up bag worth of make-up.
 - Up to 3 nail polish.
 - Up to 2 body spray. (must be alcohol free)
 - 4 books.
 - 1 AM/FM radio.
 - 1 alarm clock.
 - 1 blow dryer.
 - 1 flat iron.
 - 1 curling iron.
 - 1 hair grease.

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Items for Child Needed:

- ✓ Two weeks of comfortable clothing that is appropriate for the season. (Up to 20 pairs of pants/shorts and 20 shirts OR 20 onesies OR some combination)
- ✓ Jacket/Sweater. (max 3)
- ✓ Baby Shampoo. (max 1)
- ✓ Baby Wash. (max 1)
- ✓ Diaper Cream. (with a doctor's order)
- ✓ Infant Carrier. (front pack)
- ✓ Receiving blankets. (max 10 – infants only)
- ✓ Socks. (max 10 pairs)
- ✓ Shoes. (max 4 pairs)
- ✓ Diapers/Wipes. (unopened)
- ✓ Pajamas. (max 7 sets)
- ✓ Slippers. (1 pair)
- ✓ Suitcase/duffle bag. (max 1)
- ✓ Car seat.
- ✓ Formula. (WIC Vouchers/Folder)
- ✓ Immunization record.

Items Not to Bring:

- ✓ Food.
- ✓ Alcohol-based perfumes, hair spray or mouth washes.
- ✓ Cell phones or personal electronic devices.
- ✓ Laundry Pods
- ✓ Weapons.
- ✓ Scissors or hair trimmers.
- ✓ Magazines of any type.
- ✓ Pillows or blankets.
- ✓ **Cigarettes, vapes, e-cigarettes, and/or any tobacco products.**

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.