

First Sleepover Packing List

When it comes to sleepovers, less is more — but forgetting the essentials can make things tricky. Here's a simple packing list you can use (and share with your kid) before that big night.

Essentials

- Comfy pajamas
- Toothbrush + toothpaste
- Change of clothes for the next day
- Pair of socks (pack an extra — they're always the first thing lost!)
- Hairbrush or comb
- Sleepover beds item (sleeping bag, pillow, or air mattress, depending on the host setup)
- Reusable water bottle

Optional (but helpful)

- Favorite stuffed animal or small comfort item
- Book, drawing pad, or low-tech activity
- Snack to share (check with host first)
- Labeled bag for dirty clothes

If Needed

- Medications (with clear instructions)
- Nightlight (for anxious sleepers)
- Allergy or special care notes (send with the host)

Tip:

Pack everything in a small backpack your child can carry themselves. Confidence grows when they can manage their own stuff — and it keeps the host's house less chaotic, too.