

Hospital Packing Checklist

Adults

- Cell phone and charger
- Small notebook or journal and pen
- Small electronics: earphones, tablet, portable DVD player, laptop
- Source of music
- Books
- Magazines, crossword puzzles, word finds, etc.
- Comfy pillow and blanket
- Slippers or slipper socks
- Reusable water bottle
- Essential toiletries (basics below):
 - Shampoo and conditioner
 - Dry shampoo
 - Face wash
 - Body wash
 - Deodorant
 - Toothbrush and toothpaste
 - Travel hand sanitizer
- List of current medications or supplements
- Sterilite three drawer storage container with wheels
- Individually wrapped snack items
- Collapsible laundry basket
- Laundry detergent (if not provided by hospital)
- Organizational items such as binders, folders, etc. (if not provided by hospital)
 - To keep all medical documents or treatment information in the same place

Kids

- Pacifiers, teethers, bottles, cups
- Small plastic basket
- Dish brush and dish soap
- Cup, plate and silverware from home (that child is familiar with; i.e. characters)
- Comfort items/familiar things from home
 - Blanket
 - Stuffed animal
 - Pillow
 - Toys
- Coloring books or books
- Pictures of family and friends
- Electronics
 - iPad/tablet
 - Portable DVD player
 - DVDs
- Comfy clothes
 - Nightgown
 - Footie pajamas
 - Slippers/slipper socks
- Necessary toiletries (if not provided by hospital)

Note: double-check items with a social worker or hospital staff for official approval as hospital rules vary

Find more resources at
dsandcancer.org