



Packing for a hospital stay

Must-haves and creature comforts
for you & your child!

Sometimes you know when hospitalization is coming because it's a scheduled part of treatment.

Other times, you are admitted in a hurry for fever or exposure to something.

*While it's nice to thoughtfully pack for those planned visits, it's also important to have a *Go Bag* on the ready for unexpected trips to the hospital. You will likely think of what your child wants and needs first, but I'm going to encourage you to think of yourself first for a change. That's why your *Go Bag* items are noted first below,*

*When planning your child's *Go Bag*, decide what would make your child comfortable and let them bring it to the hospital, within reason.*

Take a picture of this list and keep it handy, or create your own and tape it to the fridge. This glorious list is part mine and includes awesome ideas from my Facebook friends on the Childhood Leukemia Facebook page.

Be Brave

LAURA DEKRAKER LANG-REE

YOUR GO BAG!

To make the days go by faster...

- computer and charger for work and fun
- phone and charger
- portable power bank (external battery pack) for phone
- extension cord*
- air pods*
- books and magazines for you and your child
- a few new building crafts or toy sets that your child has never played with before!

Always Remember...

- purse/id/wallet
- medications and vitamins* for you
- busywork (book, sewing, etc) *

Feelin' Fresh

- toothbrush & toothpaste
- deodorant
- hair ties
- shampoo/conditioner
- brush
- body and face wash
- toilet paper (soft!)
- hairdryer
- thick hand lotion *
- nail clippers and file *

YOUR GO BAG!

Nite Nite Termite!

- sleep mask* or huge sheet to block nighttime light
- nice hand lotion *
- a heating pad or warmie*
- tylenol* for you (nurse will provide for your child if needed)
- face towels and/or Shower towels
- earplugs
- bluetooth speaker for white noise or nature sounds app
- robe & slippers for a cozy bedtime and morning
- blanket, mattress topper, familiar pillows
- lavender Essential oil for your pillow at night (or anytime!)

Just Because ya need it...

- three full outfits (more can be delivered later) including undies, plus cardigan or sweatshirt*
- favorite coffee mug*
- water bottle*
- loose leaf tea & strainer to enjoy your favorite tea*
- thermos for going to the cafeteria for hot water
- your favorite candy, gum or mints
- fan
- neck pillow
- dirty clothes bag
- small bag for in-hospital wanders
- hand sanitizer and wipes*



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TOOL BOX TIP:

*CONSIDER HAVING A DUPLICATE OF THESE ITEMS
SO YOU DON'T HAVE TO RUN AROUND THE HOUSE
TO ADD TO THE BAG.

IF YOU HAVE MORE LEAD TIME BEFORE A HOSPITALIZATION,
TAKE YOUR TIME PACKING BUT REFER TO YOUR LIST
SO YOU DON'T HAVE TO SECOND GUESS YOURSELF!

Be Brave