

## Hospitalization Packing Check-list

- **Personal Care & Grooming**
- Eyeglasses/contacts/solutions/cases
- Dental appliances
- Optional favorite toiletries – the hospital will provide whatever you don't have so don't go crazy
- Lip balm – I'm super picky!
- Hair comb/brush/ties
- Beard maintenance supplies
- Socks (2-3 pair max)
- Flat, non-slip shoes (1 pair)
- PJ or yoga pants (1-2 pair if ok'd by doc)
- Clean underwear (3-4 pair)
- Don't bring makeup – possible germ contamination
- Minimize jewelry – leave it home, with someone trusted, or in the hospital safe
- **Comfort & Entertainment**
- Phone, tablet/laptop
- Charger, preferably universal so you only need one charger
- Headphones with jack to fit your electronics
- Paper/notebook for journaling, notes, drawing, etc.
- Pens/pencils/pencil sharpener
- Coloring book
- Magazines/Reading material
- Throw/blanket/shawl if you're in for a long stay
- Deck of cards
- Photos - organized in a book or on your phone
- **Organization**
- Medical Journal
- Duffelbag or book bag
- Pencil case/bag for writing utensils
- Possibly clothes hangers if you're going to be there awhile
- A few quart-sized zipper plastic bags and gallon-sized zipper plastic bags. Good for laundry, keeping your toothbrush clean, organizing writing materials... all kinds of uses
- **Other**
- Hospital policy varies so check with your providers, but you may need to pack certain medical appliances like CPAP machines, blood-sugar testing supplies, etc.

\*Your list may vary – this is a starting place of the items that work for me. Just remember to bring things that are multi-functional and fit in a small space. If you forget something, don't worry. Hospitals these days have a lot of services and can probably help you get whatever you need.