

My Hospital Overnight Bag Checklist

REQUIRED DOCUMENTATION AND ITEMS

- ❑ Insurance cards
- ❑ Photo ID
- ❑ Any other insurance information such as pre-certifications, prescription appeals, etc.
- ❑ A copy of your advance directives, health care proxy, living will and DPOA. If you are unaware of what these documents are don't worry, you may not need them. If you do and do not have them, they will go over it during your stay.
- ❑ Bring with you any medical imaging disks, surgical photos or records received from other offices.
- ❑ Have a conversation with your admitting doctor prior to your stay. There may be circumstances in which they will ask you to bring your medications from home. This is very important as they may not be able to obtain certain specialty medications. If you are the caregiver, make sure you have your medications on hand as the hospital is prohibited to supply you.
- ❑ Don't forget to bring your CareAline Sleeves and/or CareAline Wraps to manage your lines during your stay.

PERSONAL HEALTH RECORD

- Name
- DOB
- Contact information
- Allergies- include the name of the medication or food and what happens to you when it's ingested
- Sensitivities
- Medication list (include all over the counter and topical medications)
- Treatment orders (how you manage your central line, G-Tube, etc.)
- Pharmacy used
- Past hospital stays
- Past surgical history
- Doctors
- Health Care Proxy name and contact information

COMFORT ITEMS

Personal items:

- ☐ Eyeglasses
- ☐ Prosthesis
- ☐ Hearing aids
- ☐ Dentures
- ☐ The protective containers for those above
- ☐ Any specialized equipment or treatment supplies. For example, they may not have your particular brand of ostomy equipment so bring what works for you.
- ☐ Do you have or will you have a port, central line, PICC line or G-Tube? Don't forget your CareAline sleeve or wrap. Your hospital may stock them, so you can ask this question ahead of time and find out if you need to bring extras.

Toiletries (avoid heavy scents):

- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Hair ties, scrunchies and headbands
- ☐ Hairbrush
- ☐ Your own shampoo (this particular one was echoed more than you think!) Hospital shampoo and the hospital provided comb created quite the mess for our long-locked patients and caregivers.
- ☐ Unscented moisturizer
- ☐ Unscented Chapstick
- ☐ Deodorant

Clothing:

- ☐ Non-skid socks or slippers. I am not a sensory sensitive person but the rough gray slipper socks with the seam that sits directly on the tip of your toes is not something I want to feel ever again.
- ☐ A robe
- ☐ Pajamas (consider IV placement or any other tubing that will need to be accessible)
- ☐ Headwear (if required)
- ☐ An eye mask
- ☐ Flip flops for the shower
- ☐ Slide on shoes or slippers to put on if you are getting out of bed to use the restroom

Other:

- ❑ A small amount of cash for vending machine or gift shop
- ❑ Clothing for discharge
- ❑ Phone charger
- ❑ Pillow
- ❑ Neck pillow
- ❑ Blanket
- ❑ Download some guided imagery recordings prior to your hospital stay to aid in relaxation, stress and pain. Click below for our CFO's favorite- Marconi Union "Weightless."
<https://www.youtube.com/watch?v=UfcAVejslrU>
- ❑ Emotional support items
 - A book or a few audiobook downloads.
 - A stress ball or fidget
 - A small container of play doh or wiki sticks can be a fun distraction toy
 - Knitting
 - A coloring book and colored pencils. Even for those who don't color, consider it. Many find coloring to be a huge stress reliever while in the hospital.
 - A special lovey or stuffed animal
 - For pediatric patients- check in with child life services. They have crafts, bubbles, window chalk and toys on hand.

If you are unsure about bringing anything with you, most hospitals include a list of allowable items on their website. You can always check with your provider about specific items that are helpful for you. Never hesitate to ask.