

Hospital Bug-Out Bag

- Medical binder with a copy of all relevant documents (power of attorney, advance directives, etc.)
- Copies of important medical files
- Change of clothes including underwear and socks, at least one per day
- PJs (your own)
- Slippers (or socks with grip soles)
- Comfortable pillow
- Comfortable blanket
- Hat or scarf to keep head warm
- Snacks and breath mints
- Water/electrolyte solution
- Charging cords (long) for electronics with wall adaptor
- Power bank(s) for your phone
- Book or electronic reader/audio books, games
- Noise-canceling headphones (hospitals can be tough to sleep in with the noise)
- Earplugs
- Sleeping/eye mask to block light
- Anti-nausea meds (BRING THEM, BUT DO NOT TAKE unless you tell care providers you have them and are going to do so)
- Any critical meds (BRING THEM, BUT DO NOT TAKE unless you tell care providers you have them and are going to do so)
- Toiletries (your own toothbrush, toothpaste, soap, lotions, razors, deodorant, shaving cream, any makeup/hair care)
- Spare house key
- Money (small amount) and change for the vending machines
- Cases for glasses, hearing aids, dentures
- Latex or nitrile gloves for handling things in the hospital
- Mask for that wonderful person sitting next to you who won't stop coughing or cover their mouth
- "Chemo" gloves if you have/need them
- Clorox wipes, Kleenex, face towel
- Hand sanitizer
- _____
- _____

All forms are provided as a courtesy and used at your own risk.

