

Hospital Packing List

Essentials:

- ☐ Medication or medication listing what you're taking (I always brought my own stool softeners)
- ☐ Driver's license
- ☐ Credit card or debit card to pay co-pay for hospital
- ☐ Insurance card
- ☐ Cell phone
- ☐ Charger cord with extra long cord
- ☐ Duffel bag to pack all this in and to keep your belongings all in one place while in surgery
- ☐ Crutches (I prefer the mobileggs)

Entertainment:

- ☐ Book
- ☐ Puzzle book
- ☐ Ipad with movies or tv shows downloaded or the apps already signed into your account (i.e. Netflix)
- ☐ Headphones
- ☐ Coloring book and coloring pencils
- ☐ Pen or pencil

Clothing/Accessories*:

- ☐ Sports bra
- ☐ Fuzzy socks preferably with grip bottoms
- ☐ Pajamas- I preferred shorts with a tank top
- ☐ Cozy sweatshirt or fleece- I wore my Patagonia Sherpa everyday
- ☐ Nightgowns
- ☐ Silk bath robe- makes it easy to slide in and out of bed
- ☐ Sweatpants
- ☐ Comfy/loose clothes to go home in
- ☐ Closed toe shoes (preferred by docs and pts) or sandals (I used these)
- ☐ Underwear (only if you want to brave wearing them over your incision, I recommend not)

Snacks:

- ☐ Dried fruit
- ☐ Nuts
- ☐ Ginger chews (in case your stomach is upset)
- ☐ Candies or chocolate
- ☐ Crackers, chips, cheezits, etc
- ☐ Gum
- ☐ Tea of your preference (I was fine with what the hospital offered) and had good coffee delivered from friends

Toiletries*:

- ☐ Toothbrush (and charger if needed)
- ☐ Toothpaste
- ☐ Shampoo and conditioner
- ☐ Hairbrush
- ☐ Hair clip and hair ties
- ☐ Deodorant
- ☐ Contact lenses and solution (if needed) or glasses
- ☐ Chapstick
- ☐ Body wash
- ☐ Face wash
- ☐ Moisturizer or whatever your skin care routine is
- ☐ Body and face wipes
- ☐ Lotion
- ☐ Razor
- ☐ Make-up
- ☐ Hand sanitizer
- ☐ Dry shampoo
- ☐ Nail polish remover and cotton pads

Miscellaneous:

- ☐ Stuffed animal or special comfort item
- ☐ Pillow
- ☐ Blanket
- ☐ Essential oils
- ☐ Eye mask
- ☐ Ear plugs

Notes:

*Clothing/accessories: I put clean clothes on each day so I could feel clean and more comfortable. I don't like the hospital gowns, so I preferred to be in my own comfy sweats. I found baggy sweats or loose shorts to be the best options for lower body. I liked tank tops for upper body so I could layer when my temperature would do the massive swings and then have layering options.

*Toiletries: Most of these items are provided by the hospital, so you don't really need to pack these unless you want the comfort of your own products. I found it easier to just use their shampoos and washes and even toothbrush, then just throw it out when you're discharged. It was less to pack and I didn't worry about losing anything. I did bring some basic make-up, just to make myself feel more alive and more like myself. I loved having the face and body wipes for the days I still had my foley catheter in and couldn't shower yet. That way I could still feel clean and get ready from the comfort of my hospital bed with minimal effort. The nail polish remover is to remove the betadine scrub from after the surgery. I always just did this at home because I would forget to pack it, but I think it'd be helpful if an aide could help while in the hospital. I always stuck to the sheets because of it, so it would have been more comfortable to have it off sooner.