

# Emergency Hospital Bag Packing List

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*During my cardiac baby's first summer, she was in and out of the hospital and that meant I was in and out of the hospital too. I eventually learned to keep a hospital bag packed and ready to go at all times for those unexpected trips to the ER that almost always ended with at least a week's stay in the cardiac unit. Whether you are planning ahead or rushing to gather what you need right now, I hope this packing list will help you remember all of the essentials. And if you discover something essential that is not on this list, please let me know so I can add it!*

## For You

### Clothing (1 week's worth):

- Pants
- Shirts
- Sweaters/sweatshirts (hospitals can be COLD)
- Underwear
- Bras
- Socks (depending on preference - I recommend using hospital socks to avoid ruining your own if you want to walk around without shoes on)
- Slip-on shoes

### Toiletries:

- Toothbrush
- Toothpaste
- Floss
- Lotion
- Body wash
- Shampoo & conditioner
- Hairbrush/comb
- Razer

- Deodorant
- Hair ties/clips
- Makeup
- Makeup remover

*The hospital should be able to provide you with most toiletries if you have a need, which is really helpful. But you will most likely prefer having your own things that are better quality. The hospital will provide you with washcloths, towels, linens, blankets and pillows.*

#### **Self-Care:**

- Notebook/journal
- Pens
- Reusable water bottle (depending on preference – there will be options at the hospital for you to have drinking water in the room with you whether it is a Styrofoam cup, a plastic reusable straw cup or bottled waters)
- Microwave-safe mug and/or thermos
- Tea bags (or instant coffee depending on preference)
- Small honey packets
- Snacks (protein bars, dried fruit, nuts, crackers)

#### **Other Necessities:**

- Driver's license
- Insurance card
- Credit/debit card
- Cell phone
- Phone charger
- Tablet/laptop and charger
- Medications
- Vitamins
- Bags for dirty and clean laundry (the hospital may have laundry facilities available to you)
- Laundry pods/detergent (the hospital may be able to provide this as well, but you may want to bring your own just in case)

- Nursing cover (privacy is attempted but not always 100% successful when a nursing mother lives at the hospital with her baby)

*You should be allowed to bring in medications and vitamins for yourself. You do not want to forget these as the hospital cannot provide you with anything since you are not the patient. In the event you do forget something essential, you may be able to purchase it at the gift shop. Also ask at the gift shop if you get any discount for having a wrist band.*

## **For Baby**

### **Clothing (1 week's worth):**

- Onesies/shirts
- Pants
- Pajamas (pajamas that are two-piece, onsies that zip down instead of up or onsies that button are best for allowing access to EKG leads. Footless is also best for allowing access to the toes or feet for O2 sat monitoring)
- Socks
- Hats/headbands (depending on preference)

*The hospital can provide most if not all of these things if you have a need.*

### **Comfort & Entertainment:**

- Blankets (only if you prefer your own - the hospital will provide blankets)
- Stuffed animals
- Toys (also ask at the hospital for toys so baby has new things to play with in the event of a long stay. Ask to speak with someone from Child Life – they are really helpful and can track down desired items for your baby)
- Bouncy seat, car seat, portable feeding seat, stroller (depending on preference and your baby's needs - the hospital may have some options for you as well but sometimes all of these items are already in use)

### Other Necessities:

- Bottles
- Pacifiers
- Hairbrush/comb

*All of these “other necessities” can be provided by the hospital, but bring your own if you or your baby have specific preferences.*

*Diapers, wipes, creams, body wash, washcloths, towels and lotions will be provided for your baby. You should only bring these with you if your baby has a specific need, but you will need to ask the nurse whether you are allowed to use things brought from home for your baby's hygiene needs. If you are not allowed, make your baby's needs known to medical staff so that they can provide what is required.*

*Medications from home will not be allowed for your baby. Make sure medical staff are aware of all of your baby's medications as soon as you arrive (this includes vitamins and gas drops) so that they can provide them on time.*