

17 Hospital Bag Must-Haves

1. **Clothing** – Pack some comfortable clothes for your stay. It may go without saying, but be sure to pack extra underwear and socks just in case your stay is longer than expected.
2. **Toiletries** – Don't forget your hairbrush, hair dryer, toothbrush, toothpaste, deodorant, face wash, shampoo and conditioner.
3. **Medication** – Of course, it's important to make sure you have your medications. A couple days extra won't hurt!
4. **Robe or warm sweater** – Stay nice and comfortable if your room happens to be a bit chilly.
5. **Slippers** – Keep your tootsies warm too!
6. **Eyeglasses and/or contacts and solution** – If you wear them, it's helpful to bring everything you will need to keep them safe and clean.
7. **Lip balm and lotion** – Hospitals tend to be very dry environments. Lotion and lip balm will help your skin stay hydrated.
8. **Hand sanitizer** – Protect yourself from those icky germs floating around.
9. **Non-perishable snacks (*only if you are permitted to eat*)** – You never know when you may need a little snack.
10. **Your pillow** – Sleep is extremely important, especially during the healing process. No pillow is ever like your own. Consider taking yours along.
11. **A sleeping mask** – Take along a sleeping mask to make getting some Zzzs a little easier if your room is brighter than what you're used to.
12. **Massager** – A small handheld massager may be useful if you end up sitting, standing or lying down for any length of time.
13. **Games** – Avoid boredom while you wait by doing crossword puzzles, word searches or playing Sudoku.
14. **Cellular phone & charger** – If you are permitted to use a cell phone, don't miss your chance to stay connected to the outside world.
15. **Tablet** – You can do almost anything with electronic tablets these days. It can provide virtually limitless hours of entertainment.
16. **Music player and ear buds** – A little music can keep you upbeat and entertained.
17. **Book, magazine or newspaper** – When electronics aren't permitted, start a new book or catch up on the news to help pass the time

