

## WHAT TO PACK

Kids feel more comfortable surrounded by their own things. Here's a list of items you might want to pack:

### For Your Child

- blanket
- pillow
- favorite stuffed animal
- clothing (shoes, socks, slippers, robe, extra PJs, change of clothes, under garments)
- personal grooming items/toiletries
- contact lenses, glasses, retainer, head gear, crutches, etc.
- medications your child takes, including over-the-counter medications
- portable music player with headphones
- personal electronic games
- books or magazines to read
- pictures of family and friends
- journal
- small toys
- schoolwork and pens/pencils (if your child is well enough)

### For You

- extra blanket and pillow for yourself
- clothing (several changes, PJs, slippers, socks)
- cash and change for food/vending
- personal grooming items/toiletries
- personal medications
- contact lenses or glasses
- cell phone (check with the hospital staff first)
- laptop and/or tablet (for wireless Internet access)
- books and magazines
- portable music player with headphones
- knitting or other hobbies
- portable chores (paying bills, creating schedules, writing notes/cards)
- snacks (check with the nursing staff)
- pad and paper (to take notes)