

The Caregiver Field Guide Hospital Bag Checklist

Personal Essentials

- Insurance card(s)
- Phone and charger(s)
- Change of clothes
- Eyeglasses or contacts
- Basic toiletries

Medical History

- Medications and a current medication list with dosages
- Primary Care Physician and Specialist contact information
- Emergency contacts
- Allergies
- Past surgeries and approximate dates
- Copies of legal documents
- Notepad and 2-3 pens

Comfort & Entertainment

- [Kindle](#) or paperback book
- [Noise Cancelling Headphones](#)
- Healthy snacks
- Unhealthy snacks
- Refillable water bottle
- [Portable wall charger](#)
- [Extra charging cables](#)
- [Power bank](#)
- Soft throw or blanket
- Lip balm
- Hand lotion
- Powdered drinks

This checklist is provided by **The Caregiver Field Guide**. For more resources and support for family caregivers, visit caregiverfieldguide.com.