

Packing List for Long Term Hospital Stays

Personal Items:

Focus on much-loved, much-worn items that will help you feel at home for your stay, including:

- Loose-fitting, comfy clothing, plus a robe or sweater in case you get cold in clinic rooms.
- Winter coat, hat and gloves if you're traveling to Minnesota in the winter. Sunscreen if you're traveling to Arizona or Florida in the summer. Many clinic buildings are connected indoors, but you'll want to be prepared to go outside.
- Comfortable walking shoes and slippers. Consider elastic laces or slip-ons so you can easily take shoes on and off.
- Personal care products and toiletries, such as shampoo, conditioner, comb, toothbrush, shaving equipment and lotion.
- Eyeglasses, hearing aids, dentures, canes, walkers, crutches and other assistive devices you use for daily activities. (You would be surprised how many people forget their readers and cases for glasses and hearing aids!)
- Sleep aids, such as your favorite pillow or blanket.
- Pen and paper, for writing notes and questions.
- Earplugs, earphones and playlists of your favorite tunes.
- Phone charger.
- Books, magazines, playing cards or games to help pass the time.
- Comfort items, such as photos of your favorite people or a movie that always makes you laugh.

Medical and Registration Items:

Please bring any registration forms or medical records, reports, and radiology images that were requested by your care team and not already sent. Also:

- A list of your medications (prescription, over-the-counter and supplements) — including doses and why you take them. You can also bring the original bottles to your first appointment. (Or use your smartphone to take a picture of all your medication labels.)
- Your insurance information or Medicare card, if you have one.
- Your prescription drug insurance card and preferred pharmacy name, address, city, state and ZIP code