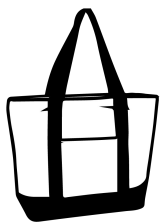


# My Hospital “Go Bag” Checklist



Create a “Go Bag” of items that will help your child be successful in the hospital.  
Pack a bag and keep it by the front door so it’s ready to go.

Below are examples of thing you might include:

## Comfort Items

- ☐ Familiar items from home:
  - ☐ Comfort toys / items
  - ☐ Stuffed animals
  - ☐ Blanket
- ☐ Comfortable clothes
- ☐ Chew Tube
- ☐ Noise cancelling headphones
- ☐ Sensory items
- ☐ Weighted blanket
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_



## Personal Tools and Information



- ☐ “All About Me” sheet
- ☐ Medical Passport
- ☐ Contact info for important people
- ☐ Hearing aids
- ☐ Glasses
- ☐ Communication tools
  - ☐ High-tech device & charger
  - ☐ Low-tech backup
- ☐ Visual tools
- ☐ Pictures of family members
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## Other Items

- ☐ Mobile device to talk to people at home
  - ☐ Phone
  - ☐ Tablet
  - ☐ Charger
- ☐ Preferred snacks
- ☐ Favorite books
- ☐ Magazines
- ☐ Coloring books
- ☐ Favorite toy
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

