



Hospital Bag Checklist

Essentials

- Pillow
- Robe/sweater/pajamas
- Phone/charger/
headphones
- Flip-flops
- Slippers
- 2 pairs of socks/underwear
- Full set of travel toiletries
- Snacks/protein bars
- Laptop/charger
- Essential Oils

Documents

- List of medications
- List of physicians with
contact information
- Insurance card(s)
- Drivers license

Notes
