



Courageously Living's Checklist for a DIY Hospital Comfort Bag

Essentials

- Large Bag (Preferable with a zipper, but a tote will work too.)
- Advil or Tylenol (Caregivers can get headaches with all the stress)
- Notebook
- Pen
- Tissues
- Hand Wipes
- Hand Lotion
- Chapstick
- Cough Drops



Courageously Living's Checklist for a DIY Hospital Comfort Bag cont.

Food/Drink

- Individual Snacks
- Protein Bars
- Chocolate
- Hard Candy
- Coffee or Tea Packets. (A lot of hospital cafeterias are still operating on limited hours, but usually there is hot water in some waiting rooms or by the nurses desk that visitors can access).

Other Items to Consider to Remind Them to Add

- Phone
- Phone Charger
- Travel Mug - (Most hospitals will have disable cups too, so a travel mug might be more of hassle than it's worth it will depend on the situation.)
- Their own Medication
- Personal Care Products