

Going Out - Checklists

<https://stomastoma.com/pages/resources>

Doctor's Appointment

- Gtube extension
- Food
- Feeding pump
- Extra empty syringe
- Water flush
- Meds
- Water for meds
- Med cup
- Syringe for venting
- Cooler
- Ice pack for coolers

- Oxygen tanks (2)
- HME
- vent & suction chargers
- Ambu Bag
- Circuits (2)
- Sat monitor & sat probe
- Gait trainer

- Books
- Toy
- Purse
- Emergency Information Folder
- iPad
- Clothes for appt
- Clothes for after appt
- Sweatshirt
- Burp cloth

- Check for diapers
- Check for wipes
- Shoes
- Snacks for parents...duh!

Hospital Overnight Stay

- Check prep for appt list
- Empty water from humidifier
- O toothbrush & toothpaste
- Pack Personal Stuff
- Bath soap & lotion
- Lavender essential oil
- Special trach care stuff (jojoba butter)
- iPhone for music
- Clothes
- Fan
- Vitamins
- Blended food
- Phone/ iPad chargers
- Sat monitor charger
- Q (chewy)
- Old sat probes to recycle
- All the meds
- Trach tie template
- Sensory brush
- Gait trainer
- Blender & stuff for blends
- Print personal tip list

Preschool

- Gait trainer
- Disaster bag
- Masks

- Diapers (for school bin)
- Wipes (for school bin)
- Extra clothes (for school bin)
- Sunblock

For Vacation

- Check prep for appt
- Vent stand
- Extra HME's
- Extra filters
- Extra heated wire circuit
- Extra suction
- Extra sat probes
- Extra gtube extension
- Extra syringes (food & meds)
- Extra split gauze and 3x3
- __ days of trach care stuff
- __ days of bath stuff
- Toothbrush & toothpaste
- __ days of pjs
- __ days of clothes
- Pee pad (2)
- Baby Monitor
- Sweater
- Pants (2)
- (2) paci's
- Fan
- Cell phone & charger
- Night light
- Books (+nighttime)
- Blanket (for sitting on)
- Bath towel
- Sensory brush
- Gtube covers

- Swim stuff
- Sunblock
- Beach blanket(s)
- Beach toys

- Phone chargers
- Our stuff
- Distilled water
- Feeding bags
- Food pump and pole
- Gloves
- Wagon (canopy in the summer)
- Purple wipes
- Sat monitor charger

Grandparents House

- Check "Doctor's Appointment" list
- Check "Vacation" list too
- Bib
- Fan
- Plastic bin (for vent for pool/ water play)
- Water diapers (2)
- Sunblock
- Flotation device
- Rash guard
- Plastic bag (for wet clothes)
- Extra gtube cover
- Extra trach tie, split gauze, regular gauze

Da Beach BOYEEE

- Check "Doctor's Appointment" list

- Big Beach blanket
- Umbrella
- Beach towels (3+?)
- Small bowl for washing feet
- Sunblock
- Trunks & rash guard
- Beach hats
- Bike lock
- Plastic bag for food/ wet clothes