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