

Parent Organizer

What to bring to the hospital

- medical files - list of medications, health history, doctors' information, etc
- insurance card and relevant insurance information
- your own pillow
- stuffed animal (or blankie)
- your favorite pj's
- slippers
- a comfortable blanket
- toothbrush
- phone numbers/emails of friends
- toys to do in bed --- legos, crafts, game boy, stickers
- pictures of your friends (or dog, sister, etc.)
- a favorite DVD's
- books on CD and personal player
- favorite snacks (there's a microwave and fridge in kitchenette area)
- a small bed tray to write or color on
- paper and pencil
- camera to take pictures
- flip flops to wear into shower
- toiletries
- comfortable socks
- schoolwork
- deck of cards
- sweater or fleece
- bed rest to prop up in bed with
- tv guide
- eye mask and disposable ear plugs to help sleep at night
- extra plastic bags (for laundry, transporting, etc.)

Tip: Keep a small bag packed with a deck of cards, water bottle, snacks, copies of medical forms, etc. for doctors' appointments: waiting for surgery, tests, check-ups, etc.