

Hospital Stay Packing List

When preparing for an overnight stay or after being admitted to the hospital, it's hard to know what to pack for. The gift shops in the hospital may sell some of these extra items if you're unable to return home to obtain the items you need.

Here is a comprehensive list compiled with suggestions from parents:

For the Caregiver

Comfort:

- Thermo-Rest (cushions the chair-bed if you're staying in hospital with child)
- Pillow
- Extra bags to switch out clothes every few days
- Extra socks or hard soled slippers
- Ear plugs or sleep masks
- Protein drinks or enriched foods. Rooms and wards at BCCH all have refrigerators and microwaves
- Coffee pods/tea bags – most wards have a Keurig/kettle for families
- Cardigan/sweater/hoodie
- Insulated beverage mug/waterbottle
- Electrolytes and supplements

Toiletries:

- Shower sandals
- Toothbrush & Toothpaste
- Deodorant
- Face wipes
- Hairbrush
- Shampoo/conditioner
- Medications
- Hand/body lotion – parents report the air is very dry in the hospital
- Glasses/contacts case
- Lip Balm

Technology:

- Phone chargers and bricks (10ft long cords)
- Entertainment/work (tablet, computer, phone, books, extra headphones)

Utility:

- Notepad or notebook for meetings/rounds/notes
- [MyBooklet BC](#) (information regarding patient you can hand to any service provider for a snapshot of patient)
- Cash/credit, parking pass can be requested from staff if lengthy stay is expected
- Extra face masks



For child/patient

Comfort:

- Drawing supplies
- iPad/tablet (hospital may have one available by request)
- Comforting stuffed animal or toy
- Blanket
- Pajamas
- Pacifiers
- Activity books

Toiletries:

- Diapers
- Facecloth or washcloth
- Towel
- Preferred shampoo/soap
- Toothbrush
- Toothpaste
- Baby wipes

Feeding:

- Food if specific sensory/food requirements cannot be met on hospital campus
- Rooms have a mini fridge, microwave. There is also an additional kitchen with supplies.
- Bottles or sippy cups, something spill proof so that they can drink while lying down
- Bent straws – some hospitals have moved to paper straws, the old-style plastic ones are not always available
- Medications and supplements



Hospitals will have quiet places where parents can go for meetings, phone calls, or work, speak to your nurses or Child Life Specialist team if you need to book a space.

