

THE STAY-STRONG BAG

YOUR GO-TO HOSPITAL CHECKLIST
(WITH EXTRA COMFORT, COURAGE, AND COOL)

SELF-CARE & ESSENTIALS

- Rare Patient Passport
- Any meds or health stuff, clearly labelled
- Towel
- Toothbrush and toothpaste
- Hairbrush and ties
- Face wipes, soaps, shower gel, shampoo
- Lip balm and moisturisers
- Deodorant
- Spare clothes, PJs and undies

ENTERTAINMENT & TECH

- Phone, tablet or device - don't forget the charger and headphones!
- A good book or two
- Puzzle books, drawing paper & pens
- Music or playlists which make you feel awesome
- Notebook or journal
- Pack of cards - Uno is fun for all ages

COMFORT & VIBES

- Fluffy socks or slippers
- A hoodie or cosy top that makes you feel chill
- Eye mask or earplugs (for naps or noisy nights)

SNACKS & TREATS

- Water bottle or drink - clear liquids are best
- Favourite snacks - check what's allowed and what you're allowed!
- Mints or sweets for dry mouths

EXTRAS TO MAKE IT YOURS

- Photos of friends or family
- Cards to decorate your space
- Lucky charm, or "bravery booster"
- _____
- _____
- _____

