

What to bring to the hospital?

When living with a brain tumour, you may require a stay, or several stays, in the hospital. It can be very hard to be away from your loved ones and the comforts from home. Packing some must-have items can help make your stay more comfortable. Unfortunately, some hospital stays are unscheduled, and packing is not possible. In these situations, it can be helpful to have a list available for loved ones to have handy. This way they can gather the items you would like to help make your stay easier.

We asked our community to let us know what items they felt were helpful. Please note this is a suggested list and each person will customize it to their own needs.

Toiletries:

- Chapstick / lip balm / Vaseline
- Facial wipes, baby wipes
- Shampoo / dry shampoo
- Feminine hygiene products
- Toothbrush, toothpaste, dental floss, mouthwash
- Face lotion, body lotion (moisturizer)
- Sinus rinse

Electronics:

- iPad / tablet / laptop
- Music (create playlists in advance)
- White noise app
- Noise cancelling headphones
- Cell phone and charger
- Extra long cords

Clothing and comfort:

- Shirts with wide necks (easier to pull over head)
- Long sleeve shirts with sleeves that roll up easily
- Ear plugs and a face mask
- Pajamas and bathrobe (that zip in the front if possible)
- Slippers and shower shoes (non-stick)
- Pillow and blanket
- Warm sweater / sweatshirt
- Sunglasses
- Neck pillow

Entertainment:

- Magazines / books
- Meditation/relaxation apps
- Pre-downloaded movies and shows
- Audio books
- A notebook for your loved ones to keep you up to date with little details
- Snacks
- Change for the vending machines

Important items:

- Dry erase board with pens (for easy communication)
- Medications you are currently taking as well as two written copies of your prescription info (one for your file and one to keep by your bedside)
- A binder for all your hospital records
- A list of your passwords for your caregiver (memory might be an issue post-surgery)
- Notebook and pens/pencils

Miscellaneous items:

- Essential oils (check with the nurses first)
- Something that smells like home
- Family photos
- Raisin bran / fibre (for constipation)
- Hard candy or mints
- Water bottle