

Here is a suggested list of things you should pack to bring to the hospital. Keep this list handy to make sure you don't forget anything when you get called.

What to bring to the hospital:

Medical details

- Your OHIP card
- The binder with all the information about your transplant
- Your current medications. If you can't bring all medications, have a list of your current medications and dosage.
- A thermometer, blood pressure cuff and stethoscope if you live far from the hospital and won't be going directly home

Personal items

- Tooth brush, toothpaste, any special cleaning tools if you have braces or a retainer
- Hairbrush/comb, shampoo and soap
- Anything you use regularly such as glasses or contact lenses, hearing aids or crutches

Clothes

- Enough loose, comfortable clothing (including undergarments) for day and night (plan for 10-14 days)
- Slippers or other indoor shoes

Bedding

- A favourite blanket or comfortable pillow if you would prefer. The hospital will have pillows, sheets and blankets.

School and social stuff

- Contact information
- Phone numbers of any family members and friends
- School books or any homework

Things to help pass the time

- Cell phone, music player, laptop, tablet. The hospital will not be responsible if they are lost or stolen.
- Books, magazines, playing cards or board games

What NOT to bring to the hospital:

- Latex balloons
- Fresh flowers or plants
- Expensive jewellery or piercings
- Make-up and nail polish