

What to Bring for an Overnight Hospital Stay

(Because “I’ll probably be there a few hours” has humbled
MANY of us.)

While most caregivers somehow remember their loved one’s meds, charger, favorite blanket, and entire medical history...they forget **their own toothbrush**.

1. The “Do Not Forget These or You’ll Regret It” Stuff

The absolute bare minimum of what to bring

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| ☐ Phone charger with a long cord | ☐ Toothbrush & toothpaste |
| ☐ Your medications | ☐ Change of underwear |
| ☐ Wallet / ID / insurance card | |

2. The “I’m a Person, Not a Hospital Goblin” Stuff

aka hygiene & basic functioning

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| ☐ Deodorant | ☐ Lip balm |
| ☐ Face wash / face wipes | ☐ Hand lotion |
| ☐ Dry shampoo | ☐ Glasses / contacts / solution |
| ☐ Hairbrush / comb / hair ties | ☐ Kleenex |
| ☐ Period products (<i>because your period loves bad timing</i>) | ☐ Whatever helps you feel like a human (<i>skincare, razor, makeup, etc.</i>) |

3. The “Oh Sh**, We’re Spending the Night Here...” Stuff

aka the real overnight bag

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| ☐ Hoodie / sweater that you can ball up into a pillow | ☐ Pajamas / leggings / clothes you can actually sleep in |
| ☐ Socks | ☐ Travel pillow |
| ☐ Blanket | ☐ Eye mask |
| ☐ Extra shirt | ☐ Earplugs |
| ☐ Slippers or flip-flops | |

4. The “I’m on the Verge of Becoming Hangry” Stuff

Because you will probably forget to eat during all of this...

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| ☐ Your favorite snacks | ☐ Coffee / tea / electrolytes |
| ☐ Water bottle | ☐ Gum or mints |
| ☐ Card or phone pay set up for the vending machines | |

5. The “We’ve Been Waiting So Long, I Need a Distraction” Stuff

aka the waiting room survival kit

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| ☐ Headphones | ☐ Notebook or Notes app |
| ☐ Book / Kindle / crossword / something besides scrolling worst-case scenarios | ☐ Pen |

6. The “This Isn’t My First Rodeo” Stuff

aka the stuff the seasoned pros pack

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| ☐ A white-noise app, downloaded before you go (<i>the machines beep. All. Night.</i>) | ☐ Disinfecting wipes for the tray table, remote, and bed rails |
| ☐ A small clip-on light for reading at 2 a.m. without waking anyone (<i>hello, insomnia</i>) | |

This Stuff Doesn't Go in a Bag, but It's Just as Important

- ☐ Step out for 10 minutes (or more!) without guilt
- ☐ Keep a running list of questions for when the doctor walks in
- ☐ Sit or lie down when there's nothing to do but wait
- ☐ Take photos of meds, instructions, whiteboards, or discharge notes
- ☐ Eat before you hit the wall

One Last Thing

You don't get extra points for running on empty. And no one hands out awards for "most depleted caregiver." If you're going to be there for them, you need enough in the tank to actually be there.

**Pack like you matter—
because you do ♥**