

# 10 Tips

## FOR HOSPITAL LIFE

1. **Keep suitcase/bag in your room.** This is the easiest place to have a bag ready at all times and to pack quickly. Some items could stay packed such as: pj's, toothbrush, deodorant, and phone charger.
2. **Shoes.** These three types of shoes are helpful to have: flip flops, slippers, sneakers.
3. **Bring a book or computer.** Having something to work on helps when you have extra time and keeps your mind busy.
4. **Thank you cards.** Preparing cards during a hospital stay helps you to be grateful even during a hard time and is one less thing you have to worry about when you get home.
5. **Snacks in your room.** This is helpful when you can't get away. Something healthy is best.
6. **Clothes.** This could be comfy sweats or jeans. You decide what is best for you.
7. **Make-up.** Whether you get ready everyday or not have it with you just in case.
8. **Water bottle.** This is a must to stay hydrated.
9. **Get out of the room as much as you can.** Go to the cafeteria or just a walk around - even better if you can go outside.
10. **Let people help.** If someone offers to visit, bring food, etc. Let them!

