



## Conquering CHD

When staying in the hospital, you'll want to be as comfortable as possible. Having some of the comforts of home can make a world of a difference. Here are some hospital pack list suggestions from Conquering CHD heart families:

### Caregiver:

- Books, magazines, crossword puzzles
- Electronics - laptop, phone, camera, iPad, etc. (**Don't forget your charge cords**)
- Tissues
- Eye drops (Hospital rooms can get dry)
- Chapstick
- Hand lotion
- Re-usable water bottle
- Snacks (chips, nuts, candy, microwave meals, etc.)
- Sweatshirt/sweater (It can get cold in hospital rooms)
- Slippers/flip flops
- Comfortable change of clothes
- Sanitary pads
- Your own pillow/Blanket
- Breast pump & nursing cover (Hospitals typically have breast pumps to use, but if you have your own you may want it. A cover is nice to have so you can cover up and pump right in your baby's room.)
- Personal Toiletries
- Change for vending machines
- Pad of paper or notebook for taking notes
- Take out menus for nearby restaurants

### Heart Warrior:

- Accessories – socks, slippers, legwarmers, hats, hair bows
- Snap up onesies, sleepers, and shirts
- Pajama Pants/shorts
- Zip-up Hoodie/Robe
- Comfortable under garments
- Clothes to wear home ( i.e. Button down shirt to avoid raising arms too high)
- Blanket/Pillow/Swaddle Blanket
- Personal Toiletries
- Photos from home (to put up in the room and personalize it)
- Special stuffed animal or blanket (to bring your child comfort)
- Any specific baby items you want used – bottles, pacifiers, baby nail clippers, etc. (Each hospital might not have the exact brand you want used.)
- Books, magazines, crossword puzzles
- Electronics – phone/laptop/chargers/earbuds
- Reusable cup with straw
- Sound machine for soothing noise/music (Some hospitals may have these)

*\*If you plan on staying the Ronald McDonald House (RMH), make sure you call to reserve your room! If the RMH is full, talk with the hospital social worker for alternative arrangements. The hospital social worker can help with many needs like parking, financial help, and more!*

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