

# What to pack for a hospital stay

For some Canadians with cystic fibrosis (CF), a hospital stay can be a routine part of CF care. In fact, in 2021, Canadians with CF spent nearly 16,000 days in the hospital. Here are some packing ideas for how to make your hospital stay feel a bit more like home:

## ☐ Comfort items:

- Fuzzy blanket
- Favourite pillow (bring more than one!)
- Slippers (with grips)

## ☐ Games and activities to help pass the time, such as:

- Art and craft supplies (adult colouring book, pencil crayons, etc.)
- Deck of cards
- Book (Pro tip: Ask your local library if it has a book loaning app, such as the “Libby” app, so you can have unlimited books on your device)

## ☐ Small coffee machine with pods for easy coffee

## ☐ Clothes packing list:

- Comfortable clothes (sweatpants, hoodies, etc.)
- Pyjamas
- Clean socks and underwear
- Clean shirts

## ☐ Toiletries packing list:

- Toothbrush and toothpaste
- Shampoo and conditioner
- Flip flops for the shower
- Lip chap
- Lotion

## ☐ Snacks (Pro tip: Ask your clinic team if you have access to a fridge in your room)

## ☐ If you're staying in the same room for the duration of your stay, bring some décor to personalize it:

- Photos of your loved ones
- Art that brings you joy
- Painter's tape or putty for hanging or sticking items to walls and IV pole

## ☐ Bring tools for light exercise including a yoga mat, running shoes or exercise bands. (Pro tip: Consult your physiotherapist for exercise ideas)

## ☐ Electronics (Pro tip: Make sure you put away if you ever step out of your room to avoid theft):

- Phone or tablet with stand for hands-free watching
  - Download your favourite movies or television shows to your phone or tablet
  - Pack a stand for easy viewing (Pro tip: Ask your team if your hospital has free Wi-Fi)
- Headphones
- Extension cord
- Charging cords for devices
- Small Bluetooth speaker (if you have a private room)

## ☐ Pens, paper or notepad to help keep track of any health-related information you'd like to write down

## ☐ Medications and devices (Pro tip: Ask your team what medications, if any, will NOT be supplied)

## ☐ Activity book, games, arts and crafts if your child is coming to visit you in the hospital

## Ways to support your loved one when they are in the hospital

### ☐ Bring them snacks or a food gift card for a break from hospital food

### ☐ Swap out their dirty laundry for clean laundry

### ☐ Set up a group Facetime call with friends and family

### ☐ Pick them up on passes from the hospital

### ☐ Help manage daily activities while they're away:

- Clean the house
- Pick up groceries or cook a meal
- Check the mailbox
- Care for pets

## #CFhospitalhacks

**Share** your best hospital tips and packing must-haves.

**Tell us** a memorable story from a time you stayed in the hospital.

**Share** a moment where a healthcare provider went above and beyond.