

Treatment day packing checklist

A simple list to help you pack the same way every time.

ESSENTIALS

- ☐ ID or wallet
- ☐ Phone + charger
- ☐ Clinic contact information
- ☐ Current medication list, if your care team asks you to bring one
- ☐ Glasses
- ☐ Hearing aids
- ☐ Mobility aids (cane, walker, etc.)

COMFORT

- ☐ A small blanket, if your clinic allows it
- ☐ Comfortable socks
- ☐ A neck pillow
- ☐ A sweater or extra layer
- ☐ Lip balm
- ☐ Any other personal comfort item that helps you relax

During treatment

Keep your face, vascular access, and treatment connections visible to staff when using blankets or other comfort items.

ENTERTAINMENT

- ☐ Headphones or earbuds
- ☐ Tablet or e-reader
- ☐ A book or puzzle book
- ☐ A movie or show downloaded ahead of time
- ☐ A long charging cable or portable power bank, if your clinic allows it

ORGANIZATION

- ☐ Notebook
- ☐ Pen
- ☐ Your question list (see Questions for My Dialysis Team)
- ☐ Appointment information
- ☐ A small folder or organizer for documents

Check your clinic's rules

Rules about electronics, outlets, food, drinks, blankets, and visitors are different at every clinic. If you're not sure what's allowed, ask your care team.

OTHER THINGS I BRING

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