



Hospital go-bag checklist

Everything you actually need for an unplanned stay — check off what you have, add what you need.

Documents & records

- ☐ Insurance cards (medical and prescription)
- ☐ Photo ID for parent/caregiver
- ☐ List of current medications with doses
- ☐ Allergies and adverse reactions (written)
- ☐ Genetic test summary or diagnosis letter
- ☐ Emergency contact list
- ☐ Copy of advance directives or care preferences (if applicable)

Medications & medical supplies

- ☐ 7-day supply of daily medications
- ☐ Rescue or emergency medications (e.g. seizure rescue, EpiPen)
- ☐ Feeding formula, tube supplies, or special diet items
- ☐ Extra trach, G-tube, or other essential equipment
- ☐ Pulse oximeter, thermometer, or home monitors
- ☐ Charging cables for medical devices

For your child — comfort

- ☐ Favorite blanket, stuffed animal, or comfort object
- ☐ Tablet or phone with headphones and charger
- ☐ Books, coloring pages, or quiet activities
- ☐ Extra clothes (2–3 outfits), pajamas, socks
- ☐ Diapers, wipes, bibs — more than you think you need
- ☐ Sensory supports (weighted lap pad, chewelry, sunglasses)
- ☐ AAC device or communication cards

For you — the caregiver

- ☐ Phone charger and portable battery
- ☐ Snacks, water bottle, cash or card for cafeteria
- ☐ Change of clothes and toiletries
- ☐ Notebook and pen for questions and notes
- ☐ Eyemask, earplugs, or small pillow for overnight stays
- ☐ List of questions for the medical team

Before you leave home

- ☐ Notify someone who can watch other children or pets
- ☐ Lock up, set thermostat, hold mail if needed
- ☐ Grab the care binder or folder if you have one
- ☐ Take a breath. You do not need a perfect bag — you need enough to get through tonight.