

What to Pack for the ICU

A simple, practical list for long hours and long nights.

Parent Down

parentdown.net

INTRO:

You don't need a suitcase - just a few essentials that make long hours in the ICU more manageable. This list keeps you prepared without overpacking.

FOR YOU:

- Phone charger
- Portable battery
- Snacks
- Water bottle
- Sweater or hoodie
- Notebook + pen
- Headphones
- Lip balm + hand lotion

FOR YOUR PARENT:

- Glasses
- Hearing aids + batteries
- Dentures
- A familiar photo or comfort item
- List of medications
- Insurance card
- Advance directive (if available)

FOR THE PAPERWORK SIDE OF THINGS:

- Emergency contacts
- Medication list
- List of doctors/specialists
- Notes from previous hospitalizations
- Questions you want to ask

OPTIONAL BUT HELPFUL:

- Extra socks
- Gum or mints
- A small blanket

- A book or something to focus on

NOTES SECTION:

Notes: