

Chemotherapy Packing List

Essentials for more comfortable treatments

Shine365

Clothing & Comfort

- travel size pillow
- light-weight blanket
- zipped jacket/sweatshirt
- slippers
- sleep mask
- overnight bag with change of clothes

Personal Items

- unscented hand lotion
- lip balm
- alcohol-free sanitizers or towelettes
- deodorant
- soft toothbrush and toothpaste

Contact Numbers

Entertainment

- deck of cards
- puzzle games (Sudoku, crosswords etc.)
- books and magazines
- notebook or journal, pen
- laptop or portable media device and music/movies
- hobby items (knitting, coloring books etc.)

Helpful Extras

- hard candy or gum
- lunch cooler with snacks
- bottled water
- photos of family & friends
- inspirational items
- a positive attitude!
- _____
- _____

Medications

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

***A support person is the best thing you can bring to your sessions. They can take notes, ask questions, and help in many meaningful ways.**

Find more ideas for cancer care at:
shine365.marshfieldclinic.org/cancer-care