

Pre-packed "go bag":

- Extra cell phone charger
- List of important phone numbers written out
- Medications
 - Prescription medications
 - Tylenol (to bring fever down, help with aches)
 - Vicks Rub (optional Mucinex DM or Robitussin Cough & Chest Congestion)
 - Cough drops
 - Printed list of any medication allergies
- 10-14 changes of clothing
 - Undergarments and pajamas
 - Slippers or other footwear (we advise not walking around barefoot)
 - Shower sandals (for use within the bathrooms)
- Bed linens (bed linens will not be provided)
 - Pillow/pillow case
 - Sheets/comforter
 - Fleece blanket
- Laundry detergent
- Toiletries
 - Thermometer
 - Moisturizer, lip balm
 - Feminine hygiene products, if applicable
 - Toothbrush/toothpaste
 - Shampoo/conditioner
 - Hair comb/brush, hair ties
- Tissues
- Snacks, pre-packaged foods and Gatorade
- Cloth face coverings
- Leisure items
 - Coloring book, with coloring materials
 - Word find book
 - Deck of cards
 - Etc.

Don't forget:

- Computer/charger
- Textbooks/notebooks

