

# Chemo Day Packing Checklist



## COMFORTABLE CLOTHING

- Comfortable pants (sweatpants or leggings)
- Loose shirt or port access shirt
- Zip-up sweatshirt
- Soft sweater or cardigan
- Warm socks
- Hat or scarf

## GO-TO ITEMS

- Lip balm
- Lotion
- Hand sanitizer
- Baby wipes
- Neck pillow
- Eye mask
- Blanket

## SNACKS AND DRINKS

- Pretzels
- Saltine crackers
- Graham crackers
- Trail mix
- Popcorn
- Water
- Electrolyte drinks

## NAUSEA RELIEF

- Queasy Drops
- Ginger tea
- Queasy Drops

## ENTERTAINMENT

- Phone
- Tablet, Kindle, or iPad
- Headphones
- Long charger

## BOOKS OR MAGAZINES

- Notebooks
- Journals
- Word searches and puzzles
- Pen

## MEDICAL ESSENTIALS

Grab the FREE Cancer Binder Pack, which has every page you need: [subscribepage.io/thecancerbinderpack](https://subscribepage.io/thecancerbinderpack)

- Calendar Pages
- Medical history
- Medication List
- Care team contact list

