

SUGGESTED PACKING LIST

A Resource for Veterans, Service Members, and Their Families

Before you pack, please contact the airlines with whom you are flying to review the current flight restrictions and check the weather report for the week for your WRIISC location.

Important medical information:

- Bring enough medication to cover your travel days and stay.
- List of all medications that you currently take, including over the counter medications.
- Your CPAP and/or any other medical equipment.

For your comfort while at the hospital:

- Penlight or Small flashlight
- Pillow, Extra towel, Small blanket
- Alarm clock or Cell phone alarm

Clothing:

- Comfortable casual clothing that can be layered for warm or cool weather
- Comfortable shoes
- Sweatshirt/Jacket
- Socks/Underwear
- Pajamas/Slippers/Robe
- Shower shoes

Toiletries:

- Dental kit, Shaving kit
- Shampoo, Conditioner (Remember, if you carry these items on a plane, they must be in 3 ounce containers.)
- Brush, Comb, Hairdryer

Other:

- Writing materials, Books. Games (for the evenings and time between appointments.)
- Earplugs, Sleep mask
- Food, Snacks
- Sunscreen, Sunglasses
- Lip balm
- Hat, Cap, Sun visor
- Cellphone
- Small amounts of change/Spending money for snacks
- Swimsuit, swim cap, goggles, shower shoes

Please *do not* bring any of the following:

- Valuables
- Alcoholic beverages
- Narcotics nor Illicit substances
- Weapons