

HSCT Packing List

Clothing:

- 2 x pairs of comfortable, **loose**, long pants (i.e. sweatpants) for chemo days
- 1 x zip-up or button up sweater, sweatshirt, or cardigan for chemo days, evenings, and early mornings.
- 3 x loose tops with loose necklines (i.e. not a polo shirt or normal t-shirt) **for easy access to your central line** during chemo and stem cell harvesting
- A couple loose, lightweight outfits. Midday, outside, can get warm.
- 2 pairs of pajamas
- Fitted slippers for chemo days, with non-skid bottoms
- Tennis shoes and socks
- Workout clothes if anyone wants to use the onsite gym

Random:

- Power converter if you do not use 120V
- Patches for your catheter port so you can take showers
- A heating pad or hot water bottle (there is microwave in each apartment)
- If you're sensitive to noise, bring a white noise machine, ear plugs, or install a white noise app on your phone
- Bedroom curtains don't block out the light 100% so sleep mask if you need dark to sleep/nap
- Headphones
- Clorox wipes – small pack (to wipe down seats/tray table on airplane)
- Hair Dryer
- Sunglasses
- Ice trays if you enjoy ice in your water. Freezer is small, can fit 1 standard size tray or 2-3 small trays
- Large insulated water bottle (if you like cold water)

- Nightlight
- Computer
- Consider a power strip if you have multiple items you'd like to charge daily. There are 6 outlets in the apartment.
- Books or e-reader - There is a large and growing library here at COR. However due to COVID it is closed
- Cards, Puzzles, Coloring Books etc. - There is a large selection here at COR. However due to COVID it is closed
- Chip clips for snacks
- Ziplock bags (quart size & gallon)
- Mini personal humidifier (AC blow on bed)
- 1-2 Sharpies and a few regular pens
- Stack of post its
- Tide Pods & Dryer Sheets
- Delicate wash bag
- Calendar if you want to chart schedule
- Notebook
- Thank you, cards & envelopes,
- For Caregiver: Allergy meds, flonase, advil, sleeping pills etc. (anything you might need)
- Shampoo & Conditioner (they provide travel size, if that's enough for you then your don't need)
- Lint Roller (for all the little hairs that fall out)

Food:

- Any favorite hard candies for chemo days.
- Favorite snack(s) – normally your driver will take you to Walmart for shopping. However due to COVID only the driver can go if you provide them with a list. Some brands are different here so if there is a snack you need to have you should pack it.

- 1 Squeeze juice (Mio, Crystal Light, whatever flavor/brand you prefer)
- Ginger Tea

Patients Do NOT need to pack

- A laundry bag. There is one in the apartment
- A blanket. They will give all patients their own blankets to have for chemo days
- Toilet paper is fully supplied
- Masks. They will give you plenty. If you want nicer ones for the plane flight home, then pack 1-2
- Water bottle (4 – 1 liter bottles per day) your driver can go to Walmart for you if you need more.
- Latex gloves (a few pairs provided)