

Caregiver Tool Kit & To-Go Bag Checklist



These types of "To Go Bags" and "Check Lists" are a great way for Care Partners to feel more comfortable and in control while they are at medical appointments and places like Urgent Care and the Emergency Room. The development of this toolkit is something a family member or friend can assist with, helping you delegate some of your tasks.

Medical Essentials

- ☐ Updated medication list (with dosages and schedules)
- ☐ Appointment or treatment calendar
- ☐ List of doctors and contact info
- ☐ Health insurance card(s)
- ☐ Advance directive copy (if applicable)
- ☐ Notebook and pen
- ☐ Pill organizer or extra medication doses
- ☐ Incontinence supplies (pads, briefs, wipes)

Comfort & Personal Care Items

- ☐ Water bottle
- ☐ Healthy snacks (nuts, bars, crackers)
- ☐ Lip balm and hand lotion
- ☐ Blanket or shawl
- ☐ Compression socks
- ☐ Comfortable change of clothes
- ☐ Toiletries (toothbrush, deodorant, hand sanitizer, tissues)
- ☐ Sanitizing wipes

Technology & Support Tools

- ☐ Charged phone and power bank/ phone charger
- ☐ Headphones or earbuds
- ☐ Entertainment (movies, podcasts, books, puzzles)
- ☐ List of emergency contacts
- ☐ MyChart or patient portal access
- ☐ Insurance or billing correspondence

Emotional Support & Resilience Aids

- ☐ Stress ball or calming fidget tool
- ☐ Journal (for notes or reflections)
- ☐ Prayer or meditation card or app
- ☐ Photos or notes from loved ones
- ☐ Reminder of your self-care plan (affirmations, breathing exercises, etc.)