
Hotel Acro Packing List

It's stressful to know you are going into the hospital for surgery – you don't know if it's 1 night or many nights! Some of us got lucky, some of us stayed at Hotel Acro for days, weeks, etc. Having a list, compiled by your Acro Family who has been there, done that, will help you prepare!

- **Lots** of Chapstick
- Tissue - *hospital tissue is cheap, rough, and will leave you chaffed*
- Eye mask - *lights are always coming on, especially if you have a roommate*
- Ear plugs - *hospitals are so noisy*
- Book or magazine, though you may not want to read
- Cell phone and charger - *you will want to take pictures of your changes*
- Extension cord - *bed is never close enough to sockets*
- Robe
- Neck pillow
- Small fan in case you are hot
- Face wipes - *though most hospitals can provide this*
- Flip flops or Slippers
- Loose clothes for when you leave
- Tablet or laptop to watch movies, and chargers
- Soft snacks
- Honey sticks – *For your sore throat!*
- Tea for a sore throat after being intubated
- Lotion
- Brush / comb
- Hair ties if you have long hair
- Notebook or Pad of paper to take notes and write questions for your medical team
- Something to write with
- Makeup (if you decide to care!)
- Toothbrush & Toothpaste
- Comfy outfit to wear home (loose shoes, loose fitting clothes)
- Insurance Card
- Photo ID
- Glasses / Contacts (& solution, case)
- List of your current medications