

The Emergency Hospital Bag Checklist

Pack this bag on a calm afternoon and leave it by the door. The trip to the ER is not the moment to be hunting for an insurance card, and you should not have to think at all when it happens.

DOCUMENTS — PACK COPIES, KEEP ORIGINALS HOME

- ☐ Photo ID and insurance / Medicare cards
- ☐ Copy of the medication master list
- ☐ Healthcare power of attorney or proxy
- ☐ Advance directive or living will
- ☐ DNR / POLST, if one exists
- ☐ HIPAA release naming you
- ☐ List of doctors and specialists with phone numbers
- ☐ A pen and a few sheets of paper

COMFORT & ORIENTATION

- ☐ Change of clothes and underwear
- ☐ Non-slip socks
- ☐ Long phone charging cable
- ☐ A familiar photo or small blanket
- ☐ Lip balm and hand lotion
- ☐ Sealed snacks and a water bottle
- ☐ Eye mask and earplugs

MEDICAL — THE THINGS NOBODY CAN REPLACE

- ☐ 48 hours of medication in original bottles
- ☐ Pill organizer, filled
- ☐ Hearing aids and spare batteries
- ☐ Glasses in a hard case
- ☐ Dentures and a labelled case
- ☐ CPAP or oxygen equipment
- ☐ Cane, walker or transfer belt
- ☐ Recent lab results or discharge papers

FOR YOU — YOU MAY BE THERE TWELVE HOURS

- ☐ Your own phone charger
- ☐ Cash and a card for parking and vending
- ☐ Snacks you will actually eat
- ☐ A notebook for what staff tell you
- ☐ A sweater, wards run cold
- ☐ Your Advocate Log page and a pen
- ☐ The name of who is covering at home

LEAVE AT HOME

Jewelry, wallets holding cash, house keys beyond one set, anything irreplaceable. Hospitals lose things, and nobody has the energy to file a report about a wedding ring.

Four identical cards. Fill one in for your wallet, one for the fridge door, one for whoever covers for you, and keep one blank. Print page 3 on the back if your printer does double-sided; otherwise print it separately and tape the two halves together.

Emergency Medical Card

KEEP WITH YOU

NAME

DATE OF BIRTH

ALLERGIES & REACTIONS

CONDITIONS & DIAGNOSES

EMERGENCY CONTACT & PHONE

INSURANCE / MEDICARE NO.

MEDICATION LIST ON REVERSE

Emergency Medical Card

KEEP WITH YOU

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MEDICATION LIST ON REVERSE

Print this on the back of page 2, flipping on the **short edge**. Run one test page first and check that a card back lines up with its own front before you print the rest.

CURRENT MEDICATIONS

UPDATED

MEDICATION	DOSE	WHEN

PHARMACY

PRIMARY DOCTOR

CURRENT MEDICATIONS

UPDATED

MEDICATION	DOSE	WHEN

PHARMACY

PRIMARY DOCTOR

CURRENT MEDICATIONS

UPDATED

MEDICATION	DOSE	WHEN

PHARMACY

PRIMARY DOCTOR

CURRENT MEDICATIONS

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MEDICATION	DOSE	WHEN

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