



12 HELPFUL ITEMS TO BRING A CRASH SURVIVOR IN THE HOSPITAL

- Cell phone/Tablet/Laptop and chargers - We will have a lot of down time and if we can, we want to be able to keep in contact.
- Earbuds or headphones for phone or computer - It may get loud in our room especially if we share a room with others. It's critical for us to be able to block out any unwanted noise and it can also be calming.
- Books, Magazines and/or Newspaper - A highly recommended book is *Talk Crash to Me - What to Expect After Surviving a Motor Vehicle Collision and How to Manage Your Recovery* which is available on Amazon.
- Notebook and Pens - There will be a lot of information shared with us on a daily basis from medical professionals and we will need to write things down. A journal would be a great idea as it's important that we start to keep track of our progress and how we are feeling.
- Personal Items - Personal medications in their container, contact lenses, glasses, hearing aids, eye mask for sleeping, walking aids, soap, skin care products, a suitable pair of shoes -non-skid or rubber sole to help prevent falls.
- A small bag - We will need something to carry around our belongings when we leave our room - either for treatment, exercise or to just sit in a tv room.
- Cash - There will vending machines, gift shops and a cafeteria at the hospital and we may need a break to grab a treat.
- Clothes - Comfortable pajamas, robe, socks, underwear and you may even want to bring us our own pillow from home.
- Toiletries - We will need our stuff! Items such as a toothbrush, toothpaste, q-tips, shampoo, hair brush or comb, hair elastics, razor, shaving cream, deodorant, tissues, pocket mirror, lip balm ect.
- Loose Clothing - Button up shirts, large comfy pants with elastic waistbands, hat, sweater or scarf as it could be cold in our room.
- Snacks/Drinks - It's important to find out what we can have and what we cannot have in terms of drinks and snacks as we may be highly medicated. Plain crackers are a great choice as well as juice and bottled water if you are not sure.
- Make us Comfortable - Soft blanket, a photo from home, a plant or favourite item that will bring positivity to our room.