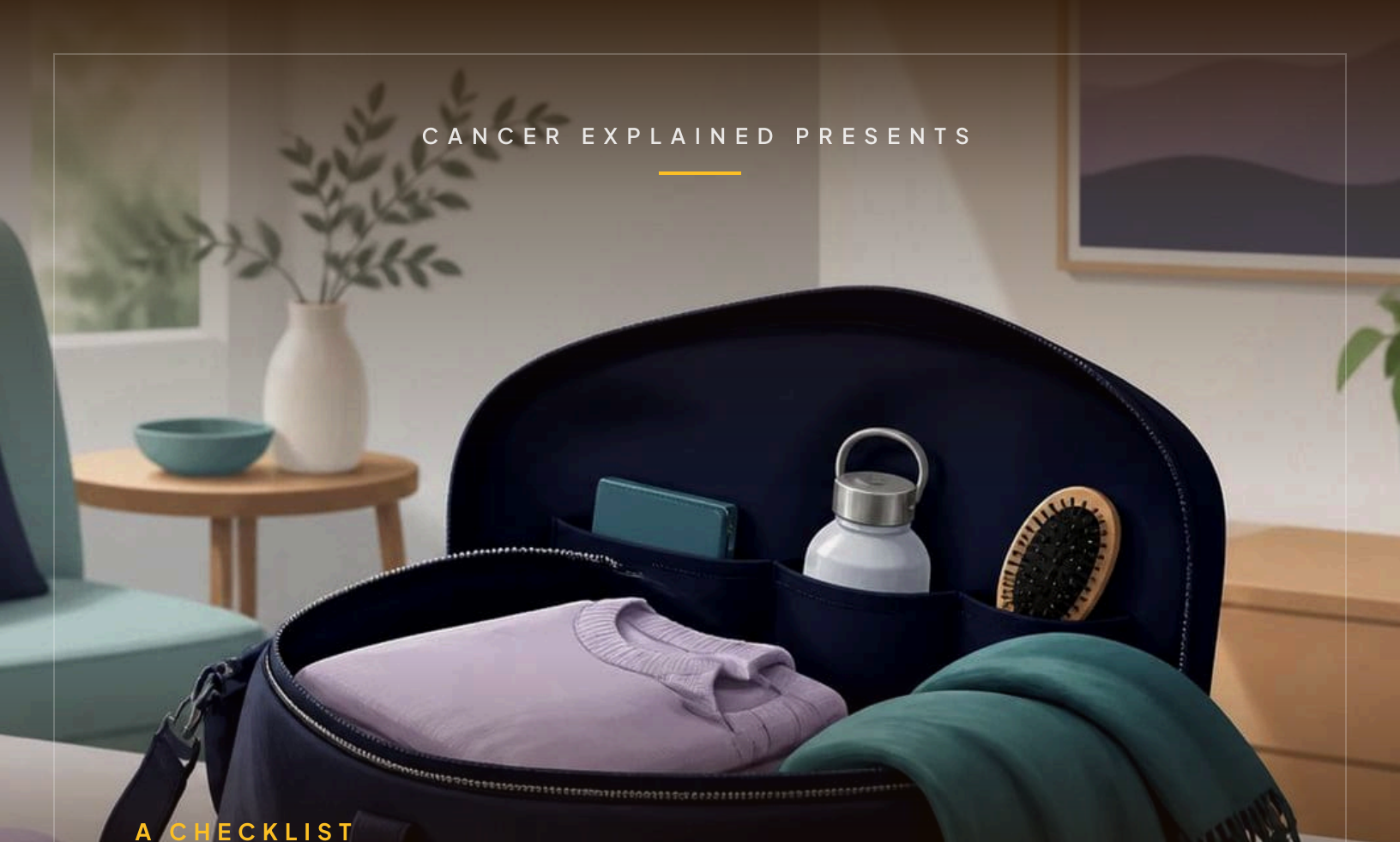


CANCER EXPLAINED PRESENTS

A CHECKLIST

MY HOSPITAL BAG CHECKLIST

For kids and teens — pack it yourself

FREE TO PRINT · PLAIN LANGUAGE · SOURCES ON THE BACK

A CANCER EXPLAINED HANDOUT · BASED ON NATIONAL CANCER INSTITUTE · CANCER EXPLAINED · UPDATED 2026-07-09
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CANCEREXPLAINED.ORG

CANCEREXPLAINED.ORG · A CHECKLIST

My Hospital Bag Checklist

For kids and teens — pack it yourself

cancer explained.org

1 Comfort from home

- [ ] A favorite stuffed animal, blanket, or pillow.
- [ ] Cozy socks, slippers, and your own comfy pajamas or clothes.
- [ ] Photos of family, friends, or pets to put by your bed.

2 Things to do

- [ ] A tablet or phone, headphones, and a charger with a long cord.
- [ ] Books, comics, a journal, coloring or drawing supplies.
- [ ] A card game, puzzle book, or small quiet toys for waiting.

3 Stay comfy

- [ ] Lip balm and unscented lotion (hospital air is dry).
- [ ] A water bottle, and a few favorite snacks if your team says it's okay.
- [ ] A soft hat or scarf if your hair is falling out — pick fun ones.

4 Good to have

- [ ] A list of questions for your doctors and nurses.
- [ ] Your own list of the medicines you take.
- [ ] Something that makes you feel like you — your team wants you to feel at home.

THE BOTTOM LINE

Packing your own bag is one thing about hospital days that YOU get to be in charge of. Add anything that makes it feel more like home.

Sources: National Cancer Institute — Children with cancer (cancer.gov/types/childhood-cancers) · Cancer Explained — Kids & Teens (cancerexplained.org/kids)

Learn more in plain language: cancerexplained.org/kids/what-happens-at-the-hospital · **Updated:** 2026-07-09

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