Treatment Checklist

A starting point for building a Salto Health Gift List — organized by treatment type and by need.



Chemotherapy

- □ Nausea support (bands, ginger chews)
- □ Hydration support
- □ Fatigue support
- □ Skin care / Nail care
- □ Mouth sores / oral care
- □ Port-friendly clothing
- □ Neuropathy support (cooling gloves/socks)
- □ Digital thermometer
- □ Infusion day comfort items
- □ Nutrition support (protein shakes)

Immunotherapy

- □ Fragrance-free skin care
- □ Digital thermometer
- □ Symptom tracking journal
- □ Joint discomfort (heating pad)
- □ Loose fit clothing

Nausea & Hydration

- □ Nausea support (candies, ginger chews)
- □ Acupressure bands
- □ Hydration (water bottles + electrolyte support)
- □ Ginger, peppermint, calming teas
- □ Small, easy-to-tolerate nutrition
- □ Oral care
- □ Aromatherapy (peppermint essential oils, inhaler sticks)

General & Comfort

- □ Blanket (soft, weighted, cooling or heated)
- □ Robes and loungewear
- □ Essential oils / aromatherapy
- □ Temperature regulation (cooling sheets and bedding)
- □ Nutrition & appetite support
- □ Socks and slippers
- □ Distraction (books, games, activities)
- □ Quiet (noise-canceling headphones)

Radiation

- □ Skin care (soothing & protective)
- □ Calming skin sprays (calendula sprays, cream, etc.)
- □ Skin & moisture support
- □ Loose, soft clothing
- □ Hydration & nutrition support
- □ Mouth & throat care (for head and neck)
- □ Scar tissue & mobility support
- □ Positioning comfort (pillows, lumbar cushions)

Breast Cancer & Mastectomy Recovery

- □ Easy, loose clothing
- □ Lymphedema support
- □ Compression garments
- □ Scar care
- □ Sleep & positioning support pillows
- □ Seat belt cushion
- □ Drain care and accessible clothing
- □ Support undergarments

This is a starting point, not medical guidance.
Every treatment plan is different — use this checklist to build what works best for you and your care team.

Create a Salto Health Gift List so the people who want to help know how.

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