What to Pack in Your Chemo Bag

A simple packing list for infusion days, from Salto Health

The essentials most survivors reach for first.



Comfort

- [ ] Soft blanket or wrap
- [ ] Cozy socks
- [ ] Chemo cooling gloves & socks (if part of your plan)
- [ ] Small pillow or neck pillow
- [ ] Layers — infusion rooms often run cold

Hydration & Snacks

- [ ] Water bottle
- [ ] Easy, bland snacks, crackers, pretzels
- [ ] Ginger chews or hard candies (nausea, taste changes)
- [ ] Mints or lemon drops (dry mouth, taste changes)

Thoughtful prep can help you feel more comfortable and in control.

Entertainment & Distraction

- [ ] Phone charger
- [ ] Headphones
- [ ] A book, audiobook, or podcast queued up
- [ ] Journal or notebook
- [ ] Crossword or Sudoku book

Practical & Paperwork

- [ ] Insurance card and ID
- [ ] List of current medications
- [ ] Folder or pouch for paperwork & visit summaries
- [ ] Pen
- [ ] Hand sanitizer
- [ ] Lip balm

Before You Go

- [ ] Wear a port-accessible top, if applicable
- [ ] Confirm whether a support person can come with you
- [ ] Bring a short list of questions for your care team

This is a general starting point, not medical guidance.
Every treatment plan is different — pack what's realistic for you,
and check with your care team about anything specific to your infusion.

Need help gathering these?

Create a Salto Health Gift List so friends and family know exactly what would help.

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