

Preparing for chemotherapy: Suggested items to bring

- Wear comfortable clothes
- Items to help keep warm: woolly socks, shawl or blanket, a blanket to sit on
- Book, magazine or Kindle
- Mobile phone or tablet and long charger:
 - Downloaded films, audiobooks or podcasts
 - Puzzle, colouring or game apps
- Earphones/headphones
- Knitting, crochet or sewing (although these might not be possible due to the cannula)
- Reading glasses
- Sleep mask
- Snacks and drinks
- Hair conditioner and comb if using a cold cap, to help get it on
- Contact numbers for family and friends

You can use the space below to jot down any notes or additional items you might want to bring