





# Packing List for your Clinic Bag

## Toilet bag

- Medicines, food supplements
- Toothbrush and toothpaste
- Shampoo (e.g. dry shampoo) and shower gel
- Vaseline/Bepanthen
- 1 small towel, 1 large towel, 2 washcloths
- Panty liners and sanitary napkins
- Brush
- Glasses, contact lenses and contact lens solution

Other cosmetic items:

---



---



---

## Technology

- Cell phone + charger
- Laptop/tablet + charger
- Headphones
- Small game console
- Powerbank

Other technology items:

---



---



---

## Other

- Mouth guard
- Small pillow and cuddly toy
- Lucky charm
- Entertainment: books, magazines, card game, coloring materials
- Diary and pen
- Playlist or podcast on cell phone
- Wallet with cash
- Earplugs and sleeping goggles
- Food, snacks, candy
- Chewing gum or products for gas-related ailments

Also:

---



---



---