

MEDICAL TOURISM HOSPITAL STAY CHECKLIST

Clothes

- ☐ Comfortable bra with front closure/ Spanx/ Loose underwear
- ☐ Warm socks
- ☐ House slippers to walk the hospital halls to relieve gas pain
- ☐ Loose fitting clothes to wear there and on the way home.
- ☐ Slip on shoes to wear there and on the way home

Personal Items

- ☐ Kindle / Nook, Magazine or Book
- ☐ Cell Phone
- ☐ Chargers
- ☐ Reading Glasses (no contacts allowed)
- ☐ Eye mask / Ear plugs
- ☐ Pillow for pressing against incisions when coughing and comfort sleeping.
- ☐ Pen / Small Pad of Paper
- ☐ Spanish/English Dictionary (or download one to your Kindle /Nook)
- ☐ Cash in USD-Patient Coordinator told me most places will accept USD and

you avoid the Foreign Transaction Fee of using your Debit/Credit Card.

Pharmaceuticals

- ☐ Lotion / Deodorant/Razor
- ☐ Toothbrush / Paste/Breath Strips
- ☐ Shampoo / Conditioner/Face soap/Face Moisturizer
- ☐ Hair Dryer / Brush
- ☐ Ricola throat lozenges
- ☐ Tissues / Wet wipes
- ☐ Lip Balm
- ☐ Gas X Strips
- ☐ Wash Cloth
- ☐ Heating Pad for Pain Relief
- ☐ Prescription Medications/Pill Crusher (if necessary)