

Emergency Room Bag Checklist

- ER note from your child's doctor or write your own
- Copies of insurance information
- Contact information for your child's doctor(s)
- List of safe and unsafe foods,
- List of current medications and unsafe medications (note any latex allergy)
- Simple FAQ printout or journal article about FPIES
- Cell phone/pre-paid phone cards
- Keys
- Diapers in current size
- Wipes
- Epi Pen (if prescribed)
- Towel
- Adult size T-shirt (packed in large ziploc bag)
- Ponytail holders/hair ties to keep adult and child hair out of face
- 1-2 outfits in child's current size/season appropriate (packed in large ziploc bag)
- Lightweight blanket (so that it packs well)
- Formula-- enough for 24 hours in case of admission
- Bottle(s)/sippy cups
- Change for vending machines/parking
- Child "distractors"-- easy to clean book(s) and/or small toys
- Extra, large ziploc bags (for soiled clothes or other purposes)
- 2 water bottles
- Simple adult snacks/powerbars
- Other: _____
- Other: _____
- Other: _____
- Other: _____

*** This is a checklist designed to get you started and is by no means exhaustive or complete for all families. Please add or delete items based on your family's needs and preferences. We would suggest sitting down and contemplating everything you or a loved one would need to have on hand for a 24hr period of staying in the hospital with your infant or child.