
PACKING LIST

NOTE: Pack light! A small backpack, duffel bag, or small carry on will do. **You will not be able to lift anything heavy after you surgery and return home. Only the following items are needed:**

DOCUMENTATION

- Proof of citizenship: Passport or Certified copy/original birth certificate
- Valid ID (Driver's License)

CLOTHES

- Loose fitting and comfortable clothing
- Make your departure clothes easy to put on
- Pajamas
- Warm socks
- House slippers
- Easy slip on shoes
- Compression socks (you will receive one pair here, but additional pairs are nice to have)

PERSONAL ITEMS

- Cell phone charger
- Book, iPad, Kindle, whatever you need to keep entertained (there is WIFI)
- Reading glasses, no contact allowed during surgery
- Small travel pillow (for comfort on plane ride)
- Heating pad (comforting and can help with gas pain)
- 6' Extension cord (for charging devices while in bed to reach the bed to the plug)

TOILETRIES/MEDICINES

- Infant Gas Drops (simethicone liquid drops)
- Travel size:
 - Toothpaste/ toothbrush
 - Shampoo
 - Gold Dial Soap
 - Deodorant
 - Wash cloth (not customary in MX)
- Hair brush
- Lip balm
- Prescription Medication in its original labeled jar

FOR FLIGHT

- Oversized bandaids (Ouchless are great) in case you need to change them on your flight or at the hotel
- Crystal Light single packets
- Powder chicken broth
- Water bottle - **it's very important to keep yourself hydrated**