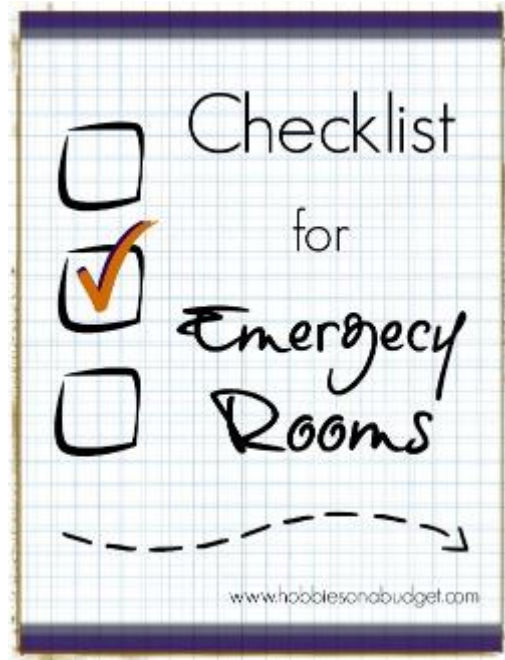


# Emergency Room Checklist:

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- Pillow/Blanket
- Something to keep you busy (book, puzzle, knitting)
- Personal Toiletries (Deodorant, toothpaste, lotion, chapstick, clothes)
- Socks or House shoes
- Healthy Snacks
- Phone Charger
- Notebook and pencil
- Change for Vending Machine



# Personal Emergency Room Essentials:

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