

Dialysis-day inventory checklist

The same items in the bag every session reduce decision fatigue and prevent the small forgottens. *Build the bag once; refill it weekly.*

WARDROBE

- Access-friendly long-sleeve top
- Soft pull-on pants
- Slip-on shoes
- Warm fleece or hoodie (layer for the cold suite)
- Fingerless gloves
- Compression socks (only if surgeon-cleared)

COMFORT AND ENTERTAINMENT

- Tablet with downloaded shows / books
- Phone with downloaded audiobooks or playlists
- Noise-canceling earbuds
- Small pillow or neck cushion
- Personal blanket for the chair

FOOD, DRINK, AND MEDS

- Renal-friendly snack(s)
- Small water bottle (track fluid intake)
- Phosphate binders if prescribed
- Other medications on the dialysis-day schedule
- Lip balm and hand cream

LOGISTICS

- Phone charger with long cord
- Insurance card and ID

Updated medication list

Medical alert bracelet / card

Emergency contact information

This sheet is for inspiration only. Always consult your medical team for guidance specific to your situation. Inspired Comforts is not a medical provider.

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