

Get Well Bag suggestions

- Nail file or emery board
- Nail clippers
- Eyeglass wipes, if they wear glasses
- Low cut socks to wear in bed or recliner
- Easy to slide into slipper with no slip soles
- Travel size packet of facial wipes
- Hand sanitizer
- Get well card or mini book
- Samples of unscented moisturizer / lotion
- Lip balm
- Small notebook and pen for taking notes
- Deck of cards
- Fun minis – 50 piece puzzle, yoyo, etc. for patient and guests
- Easy read, lightweight magazines
- Sudoku puzzle or word puzzle books
- Audio book or small paperback
- Note cards
- Stamps
- Today's print copy of the newspaper
- Lightweight, easy to fill water bottle with lid and sip top or straw
- Packets of 100 calorie nuts, cookies or other snacks, both for patient and for guests
- Granola bars
- Fun size candy bars
- Chewing gum
- Small packets of fudge drizzled popcorn
- Clementines or small apples
- Flowers, flameless candle or other "pretty"
- Favorite non-carbonated, decaffeinated beverage
- Crayons, coloring sheets if small children will visit at home.

Note: Select food and beauty products with possible allergies in mind. Consider the type of illness and physical limitations in choosing gifts, especially food.