

	Things to Bring			Things To Leave			Things you <i>could</i> bring
	Wear sweats (clothing which is easy to change in and out of)			Wallet (including money and credit cards)			Briefs (undergarments)
	Health Information Sheet			Cell phone			Light make-up (think <i>tinted moisturizer</i>)
	Copy of Health Insurance Card (front and back)			Jewelry			Phone numbers (but leave address books at home!)
	Copy of license or other form of photo ID			Sleepwear			Magazine or puzzle books
	Medication records (including supplements)			Medications including over-the-counter meds, supplements etc.			
	Legal Documents (Copies of HIPAA Release Form and Advanced Directives)			Pillows (caution here too! They can get lost)			
	Trial Size Toiletries (toothbrush, toothpaste, deodorant, brush)			Electronics (iPods, shavers, blow driers, games, etc)			
	Non-skid Slippers/socks						
	Cheap pen/pencil						
	Glasses (it would be best if you left contacts at home)						
	Beware of hearing aids! (They can get lost very easily!)						