

What to pack in your chemo bag

Chemotherapy sessions can be long and tiring. A well-packed chemo bag can provide entertainment and comfort, ensuring you have what you need throughout your treatment.

Cellphone charger

Your cellphone can help you stay connected with loved ones during treatment, and allow you to surf social media or read the news. Pack a charger to make sure your phone is charged up and ready to go.

Reading materials

Bring along books, magazines or whatever you like to read to help keep your mind occupied and focused on something other than your cancer. Infusion bays are typically quiet, so they're ideal for getting some reading done.

Jacket

Medical facilities can be cold, so bring a jacket to help you stay comfortable.

Snacks

You'll probably get hungry during your treatment. Bring snacks you enjoy to help you remain energized, especially snacks that are high in fiber and easy on the stomach.

Popular snacks to eat during chemotherapy:

- Oatmeal
- Hard-boiled eggs
- Broth
- Nuts
- Smoothies
- Bread and crackers

Journal and pen

Journaling is a positive way to work out your emotions. Or it might be helpful for writing yourself notes or tracking how you feel.

Unscented lotion

Chemo can make your skin dry, so bring lotion. Unscented lotion is preferred because scented lotions can make your skin even drier.

Headphones

Music reduces stress and can help increase positivity.

Blanket

Some medications can induce drowsiness, so you might get sleepy at your appointment. A blanket can help keep you warm and cozy during a nap.

Brain games

Brain teasers can help keep your brain focused. They can even help you avoid chemo brain, the brain fog induced by chemotherapy. Coloring books can also give you something to focus on and relax your mind.

