

Hospital Go-Bag Checklist

Dravet Navigator | Pack ahead of time so it's ready when you need it

Medical / Documents

- Current medication list with doses and schedule *(use the Medication List template)*
- Rescue medication (e.g. Diastat)
- Health card (OHIP)
- Private insurance card(s) *(if applicable)*
- Seizure action plan / emergency protocol

For Your Child

- Change of clothes *(comfortable, easy on/off)*
- Diapers / pull-ups *(if needed)*
- Favourite toy or comfort item
- Blanket from home
- Tablet / device with charger
- Headphones
- Snacks
- Sippy cup or water bottle

For You (Parent / Caregiver)

- Phone charger *(long cord recommended)*
- Change of clothes
- Snacks / water

Other Items / Notes

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