

# In hospital : a list of items to ensure greater comfort

Check out these suggestions for things to remember to make your chemotherapy sessions more comfortable.

## Equipment for use with **manual cold caps**:

- [Cooler](#) 56.8-litre (also available for rental from the manufacturer)
- Thin pads for the forehead, cut to follow the hairline
- Pantyliners or any other material to protect ears from the cold
- Moleskin forehead bandage (elastic) (offered by Penguin Cold Caps)
- Towels to wipe condensation from cold caps
- Spare AAA batteries for supplied thermometer
- Wide-tooth comb for separating hair
- Thin hair net (like those used by employees in the food industry) to avoid getting your hair caught in the cold cap's Velcro fasteners, and elastic to tie your hair loosely at the back of your head (especially if you have long hair)

## Personal **items**:

- Thick towels to protect the attendant's knees and to place dry ice on the floor during handling
- [Cushion/garden mat/knee protector](#) for added comfort
- [Clipboard](#) for timing sheet
- Pen and paper (or notepad for timing)
- Timing grid (see this [example](#))
- Scissors
- Wool socks to keep your feet warm
- Water bottle (isothermal) and full lunch box (if fasting is not considered)
- Cell phot charger (long enough for up to two meters)
- Two extra large freezer bags (se scale in [basic equipment list](#))
- Comfortable clothing (warm jacket, pants that can easily be pulled down with one hand). The use of several layers is a good tip.

## Optional **items**:

- [Compression stockings](#) for added comfort and warmth
- Portable mirror (use phone in photo mode as an alternative)
- Timer (using your phone's timer is also an alternative)
- Slim neck warmer to keep neck warm, but also to tuck long hair underneath to prevent tangling
- Magic bag that can be heated in the microwave, especially for warming the neck and shoulders
- Warm blanket or electric heater (a [poncho](#) is even more practical)
- Small folding bench (if required) for dry ice handler