

Packing your kidney transplant go-bag

A kidney transplant call can come at any time. Having your bags packed and everything you need in one place can help you feel prepared when the call comes. Print this checklist and keep it on top of your packed bags so it's easy to find.

When you get the call

If your transplant center tells you to come in for a transplant:

- DO NOT eat, drink, chew gum, or have mints. Your stomach must be empty to have anesthesia before surgery.
- Call your caregiver and head to the transplant center as instructed. It's important to have a pre-planned ride so you can leave when the call comes.

Your go-bag checklist

Use this list to pack your go-bag and share it with the person who will be caring for you during and after your transplant. Remember to leave any valuable or special items at home.



For you

Category		What to bring
Important documents	☐	Photo ID: Driver's license, state ID, or passport
	☐	Health insurance cards: Primary and secondary (if you have one)
	☐	Transplant center information: Address and coordinator's name and phone number
	☐	Emergency contact information: Phone numbers for 1–3 people to contact in an emergency
Medical information	☐	Current medication list: Prescriptions, over-the-counter medicines, and their doses
	☐	Current prescription medications: Bring medications in their original labeled bottles
	☐	Pharmacy information: Names, phone numbers, and locations
Clothing and comfort	☐	Loose tops: Button-down shirts or zip-up hoodies
	☐	Loose pants: Comfortable sweatpants or other stretchy clothing
	☐	Slip-on shoes or slippers with nonskid soles (no laces)
	☐	Eyeglasses and protective case
	☐	Hearing aids, case, and extra batteries, if needed
	☐	Toiletries: Toothbrush, toothpaste, deodorant, lip balm, and lotion

 For your caregiver

Share this list with the person who will be with you during your transplant.

Category		What to bring
Important documents	☐	Photo ID: Driver's license, state ID, or passport
	☐	Credit or debit card and a small amount of cash for needs like food and parking
	☐	Copies of medical power of attorney or advance directives, if applicable
Clothing and comfort	☐	2–3 days of comfortable clothing and underwear
	☐	Layers such as sweaters, cardigans, or a light jacket
	☐	Thick socks
	☐	Travel pillow and light blanket
	☐	Eye mask
	☐	Toiletries like travel-sized shampoo and soap, toothbrush, and wet wipes
	☐	Snacks like protein bars, nuts, and crackers

 For you and your caregiver

Category		What to bring
Electronics and essentials	☐	Phone, laptop, and tablet charging cables as needed (6–10 feet recommended)
	☐	Portable cell phone chargers
	☐	Reading material or other activities to pass time
	☐	Reusable water bottles
	☐	Notebook and pen for important information and instructions

 We are here to help

Your care team is here to help you prepare for the transplant call and have your go-bag ready. Reach out for any support you need.