

Chemo Care Package Checklist

A thoughtful guide to gifts that truly comfort

From Laila's Garden | lailasgardenshop.etsy.com | Where Hope Blooms

When someone you love is going through chemotherapy, the right gift can make a real difference. This checklist was created by Laila, a breast cancer patient and mother of three, based on what patients actually appreciate most. Print it, check items off, and build a care package that brings genuine comfort — not just awareness.

Warmth & Comfort (What Patients Appreciate Most)

- Soft velveteen or sherpa blanket
The #1 most meaningful gift — chemo rooms are cold
- Cozy socks with grippy soles
Hospital floors are slippery; warm feet = comfort
- Soft beanie or head covering
Choose something cute, not clinical
- Warm robe or shawl
Easy on/off during treatment sessions
- Heating pad or hot water bottle
Helps with aches and chills during infusion

Daily Comfort (Gentle Everyday Encouragement)

- Insulated mug or tumbler with hopeful message
For warm tea during treatment — avoid 'get well soon' cliches
- Lip balm & unscented hand cream
Chemo dries everything out — unscented is essential
- Soft pillow or neck support
For long hours in the infusion chair
- Reusable water bottle
Hydration is crucial during treatment
- Comfortable eye mask
For resting between appointments

Emotional Support (Nourish the Spirit)

- Journal or notebook
For processing feelings, tracking symptoms, or just doodling
- Inspirational wall art or print
Hope-focused, not 'fighter' language
- Handwritten card from you
More meaningful than any store-bought gift
- Photo album or printed photos
Reminders of love and happy times
- Audiobook or podcast subscription
Entertainment for long treatment days