

Hydro Kit Suggestions

Treatment instructions

1 Pair of mitts

2 Wash cloths

2 Hand towels

4 Bath towels

2 Pillow cases

Double sheet

Queen sheet

2-3 fomies or

Thermophore

Shower curtain

Ice bag or zip lock bag

3 Plastic shopping bags

Lg. plastic garbage bag
opened on sides

Kitchen size garbage bag
to put wet items in

Oral Thermometer with
covers

Water thermometer

Heating compress

Large elastic bandage

Charcoal powder (or
Patches), tabs, caps

Salt

Chux or plastic wrap

Tape (medical)

2 Spoons

Ground flax seed or
cornstarch

Paper towels

Scissors

Sm. mixing container

*Timer

*Hand sanitizer & lotion

*Neti Pot (optional)

*Disposable gloves

Additional items to take

2 Foot buckets

1 Pitcher (6 cups)

1 Sm. Basin

*Electric fry pan

*Nice to have, but not

Priority

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