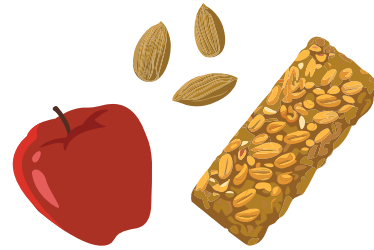


6 Items to Pack for Chemotherapy



Drink plenty of water throughout your chemo treatments to help prevent dehydration and cope with common side effects, such as a lack of appetite and diarrhea.



Each session can last several minutes to a few hours. Small, nutritious snacks, such as granola bars, fruit, or mixed nuts, can help keep you satiated during longer appointments.



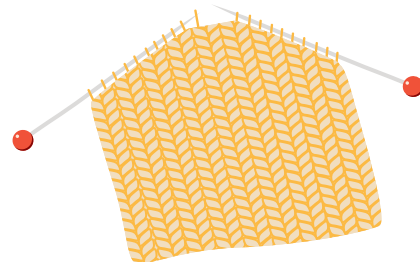
It's common to feel cold during your treatments, especially if you're using cold caps or a scalp cooling system. Consider packing a light blanket, socks, and/or mittens to stay warm.



Having a good book or magazine on hand can help take your mind off of your treatment.



Consider downloading music, games, movies, and meditation apps to bring to your next session. And don't forget your charger and headphones!



If you like to knit, color, journal, or do any other creative activity that's easy to throw in your bag, consider bringing it along to help pass the time.