

# HeartWare Community Outing Checklist

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## What items do I bring on my community outing?

It is important to bring a suitcase/bag/backpack so you **can carry** the following items during your outing:

- Three (or more) fully charged batteries
- Extra controller
- Alarm adapter
- AC adapter
- DC (car) adapter
- HeartWare Manual
- Discharge binder with emergency phone numbers
- Blood pressure cuff (provided by U of M)
- Doppler blood pressure monitor (provided by U of M)
- Cellular phone

### Additional necessary items:

- You can get the following items from your bedside nurse if needed:
  - Medication
  - Insulin pen
  - Sliding scale for insulin administration
  - Gait belt

### Additional Items you need to bring from home:

- Home glucose meter (if needed)
- Bottle of water
- Flashlight
- Rain poncho or umbrella
- Outlet tester (purchased by patient)

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