

Full Memory Care Packing Checklist

A dementia-friendly check-off list for moving him into assisted living or memory care

Resident Name: _____

Move Date: _____

Community: _____

Room #: _____

Tip: Pack familiar, comforting, easy-to-use items. Label everything. Keep valuables and original legal documents at home.

FIRST 24-48 HOURS / MOVE-IN BAG

Clothing	☐ 2-3 outfits ☐ pajamas ☐ socks/underwear ☐ sweater or jacket ☐ comfortable shoes
Care Items	☐ toothbrush/toothpaste ☐ deodorant ☐ razor/shaving items ☐ comb/brush ☐ glasses ☐ hearing aids/batteries
Comfort	☐ favorite blanket ☐ favorite pillow ☐ family photos ☐ favorite snack ☐ water bottle ☐ simple activity
Important Info	☐ medication list ☐ emergency contacts ☐ doctor list ☐ insurance cards copy ☐ facility paperwork

CLOTHING & FOOTWEAR

Everyday Clothing	☐ 7-10 shirts ☐ 7-10 pants ☐ comfortable jeans/slacks ☐ sweatpants ☐ shorts if used ☐ undershirts
Sleepwear	☐ pajamas ☐ robe ☐ sleep socks ☐ extra blankets if allowed
Undergarments	☐ underwear ☐ socks ☐ compression socks if used ☐ incontinence products if needed
Outerwear	☐ light jacket ☐ heavy coat ☐ rain jacket ☐ hat/cap ☐ gloves ☐ scarf
Shoes	☐ 2 pairs non-slip shoes ☐ slippers with backs ☐ dress shoes if used ☐ shoe horn
Laundry	☐ mesh laundry bag ☐ hamper ☐ clothing labels ☐ extra hangers

PERSONAL CARE, HEALTH & SAFETY

Toiletries	☐ soap/body wash ☐ shampoo ☐ conditioner ☐ lotion ☐ deodorant ☐ nail clippers ☐ tissues
Shaving/Grooming	☐ electric razor ☐ charger ☐ aftershave ☐ comb/brush ☐ hair products ☐ cologne if permitted
Dental	☐ toothbrush ☐ toothpaste ☐ denture cup ☐ denture cleaner ☐ mouthwash if permitted
Vision/Hearing	☐ glasses ☐ glasses case ☐ hearing aids ☐ batteries/charger ☐ cleaning cloth
Medical	☐ walker/cane if used ☐ CPAP if used ☐ brace/supports ☐ skin protectant ☐ approved supplements list
Safety Notes	☐ current medication list ☐ allergy list ☐ fall risk notes ☐ diet orders ☐ code status/advance directives copy

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Page 2: making his room familiar, meaningful, and easy to navigate

COMFORT, FAMILIARITY & ROOM SETUP

Bedding	☐ familiar comforter ☐ favorite blanket ☐ extra blanket ☐ favorite pillow ☐ mattress pad if allowed
Furniture	☐ favorite recliner/chair ☐ small side table ☐ lamp ☐ small bookshelf ☐ dresser items if allowed
Photos	☐ family photos ☐ wedding photo ☐ photos with names ☐ photo album ☐ digital frame if appropriate
Memory Items	☐ military/veteran items ☐ sports keepsakes ☐ work/career memorabilia ☐ religious items ☐ awards/plaques
Room Cues	☐ large clock ☐ simple calendar ☐ name sign ☐ memory box items ☐ easy-to-read labels
Comfort Objects	☐ soft throw ☐ fidget blanket ☐ handheld sensory item ☐ familiar mug/cup ☐ favorite hat

MEANINGFUL ENGAGEMENT & DAILY ROUTINE

Music	☐ favorite music list ☐ headphones if tolerated ☐ simple music player ☐ hymns/oldies/genre favorites
Activities	☐ playing cards ☐ large-print books ☐ magazines ☐ simple puzzles ☐ word search ☐ adult coloring
Hobbies	☐ sports items ☐ garden catalog ☐ tools photo book ☐ car magazines ☐ fishing/hunting memorabilia
Social	☐ address book copy ☐ family tree/photo list ☐ conversation cards ☐ church/community info
Food/Drink	☐ favorite snacks ☐ preferred drinks list ☐ favorite mug ☐ diet restrictions list
Routine Notes	☐ usual wake time ☐ usual bedtime ☐ bathing preferences ☐ shaving routine ☐ comfort phrases

DOCUMENTS & INFORMATION FOR STAFF

Legal/Medical Copies	☐ photo ID copy ☐ insurance cards copy ☐ POA copy ☐ advance directive copy ☐ medication list ☐ diagnosis list
Contacts	☐ primary family contact ☐ backup contact ☐ physicians ☐ pharmacy ☐ dentist ☐ specialists
Preferences	☐ preferred name ☐ former occupation ☐ military service ☐ favorite topics ☐ favorite TV/music ☐ faith practices
Support Strategies	☐ what calms him ☐ what upsets him ☐ personal care approach ☐ mobility needs ☐ communication tips

DO NOT BRING / USE CAUTION

Leave at Home	☐ large amounts of cash ☐ valuable jewelry ☐ original legal documents ☐ checkbooks ☐ credit cards unless needed
Safety Concerns	☐ sharp tools ☐ pocket knives ☐ medications not managed by staff ☐ candles ☐ matches/lighters ☐ throw rugs
Avoid Clutter	☐ too much furniture ☐ too many decorations ☐ breakable items ☐ duplicate items ☐ anything hard to clean
Ask Facility First	☐ mini fridge ☐ electric blanket ☐ space heater ☐ extension cords ☐ plants ☐ outside food

Additional Notes / Items to Bring Later:
