

EOL “Ready to Go Bag” Packing List

By Karen Wyatt – End-of-Life University

Here’s a list of items to pack in your own “Ready to Go” Bag for urgent situations when you need to travel in a hurry to be with a loved one at the end of life. These are some items I’ve found helpful to have packed and ready to go in an instant. They’ll help you take care of yourself and also create a sacred space wherever your loved one happens to be: home, long-term care facility, hospital, hospice, or ICU.

- Tote bag: <https://amzn.to/3U2CzWY>
- Silk scarf/shroud: <https://amzn.to/3qz5nc0>
- Flameless pillars: <https://amzn.to/3AZbWcI>
- Flameless tea lights: <https://amzn.to/3QDT350>
- Non-perishable snacks – jerky, protein bars
- Tea bags, instant coffee
- Playlist on phone OR
- Soothing music for difficult times CDs
 - **Graceful Passages** by Gary Malkin and Michael Stillwater <https://amzn.to/2TXEQX4>
 - **Rosa Mystica** by Therese Schroeder-Sheker <https://amzn.to/37seMHP>
 - **Threshold Choir Music** <https://thresholdchoir.org/catalog/products>
- Notebook and pen
- Books
 - **Sacred Dying** by Megory Anderson <https://amzn.to/36rTUyG>
 - **Vigil: The Poetry of Presence** by Pamela Heinrich MacPherson <https://amzn.to/30T3jhz>
 - **Present Through the End** by Kirsten DeLeo <https://amzn.to/38FVsqo>
 - **Home Funeral Ceremonies** by Donna Belk and Kateyanne Unullisi <https://amzn.to/2RscVwP>
 - **The Tao of Death** by Karen Wyatt <https://amzn.to/2NVZanB>
 - **Safe Passage** by Molly Fumia <https://amzn.to/2Rt2AAo>
- Headlamp <https://amzn.to/3SZj0xg>
- Acrylic bowl for floating flowers: <https://amzn.to/3C4Y15p>
- Soft washcloths: <https://amzn.to/3U0LhVJ>
- Lavender body wash: <https://amzn.to/3Di5Gjm>
- OR Kinkaraco green burial wash: <https://kinkaraco.com/products/green-burial-wash-tm>
- Anointing oil: <https://amzn.to/3L2HoM3>
- Satin ribbon: <https://amzn.to/3RVFnTW>
- Mala beads: <https://amzn.to/3eG3aJo>
- Smudging kit: <https://amzn.to/3RWUMTV>