

What to bring to the hospital

Many parts of your check-in can be completed in advance via MyChart using your mobile device or computer, including verifying your information and answering required questions. If you haven't already completed check-in, our team will guide you when you arrive.

Essentials

It's best to upload these documents to MyChart so you don't have to bring them with you:

- Photo ID (driver's license or state ID).
- Insurance card(s).
- Legal or advance care documents, if applicable (such as a power of attorney, living will or advance directive).

Medications and emergency contact information

Update in MyChart before you're admitted:

- List of medications and supplements, including the name, dose and how often you take them.
- Emergency contact information.
- Names and phone numbers of family or close friends can also be entered during check-in.

Tip: You may be asked to confirm or upload this information during mobile or in-person check-in.

Credit card

A credit card will be needed for any payments due at the time of service, such as copays, pre-payments, deductibles, co-insurance or prior balances.

Personal items

- Comfortable clothing (loose-fitting items work best).
- Eyeglasses, if you use them.
- Basic toiletries (toothbrush, toothpaste, personal hygiene items).
- Cell phone and charger.

Optional comfort items

Consider bringing a few items that help you feel comfortable or pass the time:

- A book, magazine, tablet or notebook.
- Headphones or earbuds.
- Small personal items or photos from home.

What NOT to bring to the hospital

We encourage you to leave your valuables, such as jewelry, at home. Salem Health does not accept responsibility for items of value that are kept at your bedside.

No weapons of any kind are allowed. This includes guns, knives, tasers, mace, pepper spray, bear spray, etc. Any items brought to the hospital will be detained at security check points.

If you lose something, please notify your nurse right away. A report will be filed by staff and given to our security officers. To inquire about lost articles, call **40311** from your hospital phone or **503-814-0311** from other phones.

Volunteer Services

Our volunteer team can bring magazines, books, games, playing cards and coloring books to your room. Call for more information.

503-814-1792

Wi-Fi access

Wi-Fi is available throughout the hospital. Please ask your care team if there are any device restrictions in your care area.