

# Peritoneal Dialysis



**Mount Cook Adventure Centre**  
**6-9 September 2024.**  
 4 Days, 3 Nights

## Checklist



### My Fluid Regime

| Dianeal % & Size ml | # bags/day | Extraneal % Size ml | # bags/day |
|---------------------|------------|---------------------|------------|
|                     |            |                     |            |
|                     |            |                     |            |
|                     |            |                     |            |
|                     |            |                     |            |

| Fluid %/ml                   |  |  |  |  |  |  |  |  |
|------------------------------|--|--|--|--|--|--|--|--|
| Friday                       |  |  |  |  |  |  |  |  |
| Saturday                     |  |  |  |  |  |  |  |  |
| Sunday                       |  |  |  |  |  |  |  |  |
| Monday                       |  |  |  |  |  |  |  |  |
| <b>Total to bags to pack</b> |  |  |  |  |  |  |  |  |
| <b>Total Boxes to pack</b>   |  |  |  |  |  |  |  |  |

**FAQ:** **How much fluid and dialysate should I bring with me?**

A: I recommend taking an extra day worth of fluid and ancillaries as a spare in case of having to reset twice one night.

**How do I have my fluid delivered to Mt. Cook?**

A: Sending an email to your PD unit with details of your prescription, dates and location of the Residential Weekend: Mount Cook Adventure Centre.

**How do I have my machine and ancillaries delivered to Mt. Cook?**

A: You have to transport this yourself, however, Kidney Care UK will run free coaches from certain pick up points. Volunteers will help load your suitcases onto the coach. Speak to your buddy or an organiser at KCUK for further details.

**Will I have an ensuite and access to a plug?**

A: Include this detail in your application and it can be arranged for you.



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### Dialysis Ancillaries

- Mini Cap
- Connection Shield
- 1.36m Patient Extention Lead
- Cassettes
- Drain Bags
- Y-Connectors
- Emergency Clamps
- Baxter Record Book + Pen
- 

### Daily Routine

- Medication
- Blood Pressure Machine
- Mirror
- 

### Shower Routine

- Shower Pouches
- Barrier Film Wipes
- Adhesive Remover Wipes
- Micropore Tape
- Mepore Bandages

### KEY ITEMS

- Dialysis Machine
- Machine Wires
- Machine Packaging Suitcase
- PDF/Physical of Machine Manual

### Clean Set Up

- Antibacterial Soap
- Paper Towels + Portable Dispenser
- Hibi Liquid Hand Rub (Pump)
- Sani Cloth 70% Wipes (Red Wipes)
- Clinell Alcohol Wipes (Green Wipes)
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### Additional Items

- Plastic Tray / Wipeable Surface
- Box Opening Tool
- Black Bin Liners
- Clinical Waste Bin Liners
- Extension Lead

## Extra Notes:

*See You There!*



### The Young Adult Kidney Group

- ♥ Instagram: @YAKidneyGroup
- ♥ Facebook Group :Young Adult Kidney Group
- ♥ Twitter (X): @YAKidneyGroup



### My Kidney and Lai

- ♥ Instagram: @My\_Kidney\_and\_Lai
- ♥ YouTube: My Kidney and Lai
- ♥ Blog: mykidneyandlai.com