

Hydrotherapy Kit

Blood pressure cuff & stethoscope
Hot plate
Tea kettle (electric is best)
Thermometer, oral or ear
Bath thermometer (up to 110')
4 fomentations (1 Thermophore = 2 fomentations)
6 large towels
1 hand towel
2 wash cloths
Ice bag
Shower curtain
1-2 sheets (1 large or 2 small)
1-2 wool blankets (1 large or 2 small)
Large pot/canning kettle w. rack
Plastic bags (for microwave)
Tongs or silicone mitt
Large dish pan/bucket or use storage container (foot bath)
Instant cold packs (always on hand, longer lasting than ice cubes)
Bowl & pitcher (ice water)
Flexible drinking straws
Robe
Clock or watch or timer
Hydrotherapy instructions