



What to Bring to a Medical Exam After Sexual Assault

Hospitals and clinics can feel clinical and intimidating, but they are where survivors can receive medical attention, collect evidence if they choose, and take first steps toward healing. Use this checklist to help you feel prepared and in control.

Survivor's Checklist (bring what you can; safety comes first)

- A trusted support person — friend, family member, or advocate.
- Form of ID — driver's license, state ID, or school ID if you have it.
- Insurance card (if you have one, but lack of insurance will not prevent care).
- Change of clothes — if the clothes you were wearing may be collected as evidence.
- Comfort items — a sweater, blanket, or headphones.
- List of medications you take regularly, including over-the-counter.
- Any documentation (if you've already reported) — case number, officer's name.
- Water and snacks — exams can take time.
- Phone charger — practical but often overlooked.
- Notebook or notes app — to jot down guidance or resources provided.

Tip: SAFE/SANE nurses are trained to conduct trauma-informed exams. If you cannot bring these items, the hospital can still help.