

What to pack for a hospital stay



Before admission

- ○ admission instructions from your unit
- ○ address, building and check-in time
- ○ phone number for admissions or the unit
- ○ whether you need to fast
- ○ which items the hospital provides

Documents and medical information

- ○ photo ID
- ○ paper referral, if you were given one
- ○ e-referral number or confirmation
- ○ required test results
- ○ relevant discharge summaries from earlier stays
- ○ relevant specialist consultation notes
- ○ current medication list with doses and times
- ○ list of allergies and drug reactions
- ○ short list of chronic conditions
- ○ details of medical equipment you use
- ○ emergency contact details
- ○ power of attorney or guardianship papers, if needed
- ○ document folder

Medications and personal aids

- ○ your own medications in their original packaging, only if the unit asked for them
- ○ glasses and a labeled case
- ○ hearing aid and spare batteries, if you use one
- ○ denture case, if you use one
- ○ cane, walker or other walking aid, if you use one
- ○ your own medical equipment, agreed with the unit
- ○ equipment manual and model details, if needed

Clothes and footwear

- ○ 1 to 3 pairs of loose pajamas or nightgowns
- ○ thin robe, zip-up sweatshirt or light layer
- ○ 1 to 2 sets of comfortable daytime clothes
- ○ underwear for each day plus one spare
- ○ socks for each day plus one spare pair
- ○ sturdy slippers with non-slip soles
- ○ washable shower shoes
- ○ loose clothes to go home in
- ○ laundry bag for dirty clothes
- ○ small backup set of clean clothes to leave at home

Toiletries

- ○ toothbrush
- ○ toothpaste
- ○ gentle body wash, soap or cleansing lotion
- ○ travel-size shampoo
- ○ lightly scented deodorant
- ○ comb or hairbrush
- ○ hair ties, if you need them
- ○ bath towel
- ○ small face towel
- ○ tissues
- ○ wet wipes
- ○ pads, panty liners or other period products you use
- ○ leakproof bag for toiletries

Phone and comfort

- ○ phone
- ○ labeled charger with a long enough cable
- ○ headphones
- ○ earplugs
- ○ sleep mask
- ○ book or e-reader, if you want one
- ○ notebook
- ○ pen
- ○ small bottle of water, if you're allowed to drink
- ○ cup and cutlery, only if the unit requires them
- ○ permitted snacks, if nothing rules them out

Organizing the bag

- ○ small soft bag
- ○ labeled pouches or organizers
- ○ separate document pack
- ○ separate bedside pack
- ○ separate clothes and toiletries pack
- ○ name labels
- ○ a small amount of cash, if needed

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