

This checklist is to help you pack a small bag, just in case you need to go to hospital.

Pack a bag in advance, so you are prepared especially as there is no visiting at the hospital so additional items cannot be brought in.

Having these things with you will help to ensure you are prepared and have all you need to be comfortable, and improve your experience as a patient should you need to go to hospital. It is important that items are named to help prevent loss.

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| Debit card for 'hands free' payments | <input type="checkbox"/> | Comfortable, easy-to-put-on clothes | <input type="checkbox"/> |
| Toiletry bag with soap, toothbrush, comb, etc. | <input type="checkbox"/> | Mobile telephone/ iPad, and charger, to help you and your loved ones stay in contact | <input type="checkbox"/> |
| Comfortable shoes and socks | <input type="checkbox"/> | Thing(s) to make you feel comfortable: e.g. photo of family or pets, pillowcase, soft toy | <input type="checkbox"/> |
| Nightclothes | <input type="checkbox"/> | Other important things: e.g. glasses, hearing aid, mobility aid, medications list and 2 week supply of medication if possible, etc. | <input type="checkbox"/> |
| Underwear | <input type="checkbox"/> | | |
| Sanitary towels, incontinence pads, etc. | <input type="checkbox"/> | | |
| Contact details for close family should you be admitted | <input type="checkbox"/> | | |

Please note that following the stay in hospital soiled items will be bagged and returned