

HOSPITAL PACKING LIST

Space is usually limited so try not to overpack. Leave jewellery and other valuables at home.

SELF CARE

- Toiletries: tissues, toothbrush, toothpaste, comb, brush, soap, deodorant, nail file, small mirror, shampoo, razor
- Personal cleansing wipes
- Sleep mask and ear plugs (hospitals can be noisy)
- Packaged snacks (if your nurse says they're ok to eat)
- Lip balm, moisturizer and eyes drops to deal with dry hospital air
- Throat lozenges or candy in case your throat is sore from being intubated (check with your nurse before eating)
- Small amount of cash/coins to buy coffee, snack or magazine
- Menstrual products, if applicable

CLOTHING

- Scarf, shawl, sweater or sweatshirt for sitting up in bed; underwear, bathrobe, PJs
- Lightweight hat/scarf, dry shampoo, hair elastics/barrettes in case you can't shower
- Clothes to go home in, e.g., looser waistband for abdominal surgery
- Socks and slip on shoes/slippers

PERSONAL & OTHER ITEMS

- Eyewear, hearing aids, dental appliances in their cases
- Mobility aids, e.g., canes, crutches
- Government-issued photo ID, e.g., driver's license or passport
- Health insurance / Medicare / Medicaid and drug cards
- Pen and paper
- Phone numbers/emails of friends and family
- Phone, tablet, reading materials (check if hospital allows electric outlet use)
- Headphones/earbuds