

# What to pack for your hospital stay checklist



In the build-up to a big operation, you're bound to go through a range of emotions. Getting your bag packed and ready for hospital is a welcome distraction, and will ensure you have all the essentials - and home comforts - to make your stay and

recovery as restful as possible.

Here's a handy checklist of everything you may want to pack – and don't forget to add any additional, personal items that you wouldn't want to be without.



## The Essentials

*The essentials you rely on every day*

### Aids

- Reading glasses ☐
- Walking stick ☐
- Hearing aids ☐
- Dentures ☐

### Admin

- List of prescriptions ☐
- Other medication ☐  
(i.e inhalers, diabetic medication)

### Entertainment

- Phone & charger ☐
- Tablet or kindle & charger ☐
- Books/puzzles ☐

### Other

- Cash ☐  
(for vending machine, newspapers or food trolley)
- Non-perishable snacks ☐



## Clothing

*Hospitals can also be warm - so, for when you're out and about, layers are best.*

### Daywear

- Loose & comfortable clothing ☐
- Layers ☐  
(For when you're out and about)
- Socks & pants ☐
- Bra ☐  
(For women, something sturdy, soft and supportive - A front fastening design will be easier to take on and off post-surgery)

### Footwear

- Slippers or slip-on shoes ☐  
(Avoid having to bend down and tie laces)

### Nightwear

- Pyjamas ☐  
(Buttons might be best if you are having chest surgery)
- Nightgown ☐  
(You may need a catheter, meaning a nightgown would be more practical)
- Dressing gown ☐  
(A dressing gown will keep you cosy while you're sitting up in bed or starting to move around)



## Toiletries

*As well as essentials, your favourite toiletries can add a little home comfort.*

### Teeth

- Toothbrush ☐  
(And charger if electric)
- Toothpaste x2 ☐  
(Always good to have a spare)

### Hair

- Brush/comb ☐
- Shampoo & conditioner ☐
- Hair products ☐

### Face

- Shaving equipment ☐
- Moisturiser ☐
- Facewash ☐
- Makeup ☐

### Body

- Deodorant ☐
- Handwash / sanitizer ☐
- Shower gel\* ☐
- Wet wipes / tissues ☐

\*Medical staff will let you know when it's okay to shower - take unscented shower gel or soap to avoid irritating your wound.

## Be sure to double check your list!

Once you've checked everything off, it's a good idea to share your list with a family member or friend... just in case there's anything they think you might have missed.