

Hospital Packing List

Clothes

- ☐ Underwear
- ☐ Sleepwear
- ☐ Comfortable clothing
- ☐ Bathrobe
- ☐ Socks
- ☐ Slippers for showering and walking around
- ☐ A hat

Toiletries & Other Personal Care Items

- | | |
|---|---|
| <input type="checkbox"/> Toothbrush | <input type="checkbox"/> Makeup remover |
| <input type="checkbox"/> Toothpaste/ Mouthwash | <input type="checkbox"/> Feminine hygiene products |
| <input type="checkbox"/> Dental floss | <input type="checkbox"/> Nail clippers/ Nail File |
| <input type="checkbox"/> Soap/ Body wash/ Face wash | <input type="checkbox"/> Hand sanitizer/ Antiseptic wipes |
| <input type="checkbox"/> Deodorant | <input type="checkbox"/> Lozenges |
| <input type="checkbox"/> Shampoo | <input type="checkbox"/> Saline nasal spray |
| <input type="checkbox"/> Conditioner | <input type="checkbox"/> Lip balm |
| <input type="checkbox"/> Brush/ Comb | <input type="checkbox"/> Glasses |
| <input type="checkbox"/> Hair products | <input type="checkbox"/> Contact lenses |
| <input type="checkbox"/> Lotion/ Massage oil | <input type="checkbox"/> Saline solution |
| <input type="checkbox"/> Shaving supplies | <input type="checkbox"/> Toilet paper/ Tissues |
| <input type="checkbox"/> Makeup | <input type="checkbox"/> Adult diapers |

Paperwork & Other Essentials

- ☐ Picture I.D.
- ☐ Recent X-rays, MRI scans etc.
- ☐ Medical insurance card or other documentation
- ☐ List of medications & dosages
- ☐ Emergency contact information
- ☐ Copy of power of attorney, living will
- ☐ Pre-operative documents
- ☐ Wallet/ Purse
- ☐ Cash/ Credit cards/ ATM cards

For Comfort

- ☐ Earplugs
- ☐ Sleep mask
- ☐ Pillow/ blanket
- ☐ Stuffed animal/ favourite toy for kids
- ☐ Photos of loved ones
- ☐ Snacks
- ☐ Heat pack

Entertainment

- ☐ Books/ magazines
- ☐ Cell phone– check if allowed
- ☐ Tablet/ laptop
- ☐ iPod/ Other music player
- ☐ Portable DVD player
- ☐ Electronic chargers
- ☐ Diary/ journal

AVOID Packing

- ☐ Jewelry/ expensive watches
- ☐ Large sums of cash
- ☐ Expensive sunglasses
- ☐ Other valuables