

# What to Pack for Your Hospital Stay

## Medical

- Health card and/or medical insurance card
- Medications in their original containers, instructions on dosage
- Any medical records or reports that are relevant

## Personal Items

- Toothbrush/toothpaste
- Soap
- Shampoo
- Lotion
- Lip balm
- Favorite blanket and/or body pillow

## Clothing

- Nightgown/robe/pajamas
- Comfortable clothing such as sweatpants or workout shorts
- Supportive shoes with a back and non-slip sole
- Undergarments
- Loose fitting clothing for leaving the hospital

## Extras

- Eye glasses or contacts along with any cases or cleaner
- Paper and pen for jotting down notes and questions
- A small amount of money for newspapers and magazines and other items from the gift shop or vending machines
- Extension cord for chargers

## Tips

1. Consider packing your items in a wheeled-bag. It will make carrying a number of items easier while navigating the hospital corridors.
2. Bring along a book, puzzles, magazines, music, or quiet activities to help pass the time.
3. If you love animals, ask if the hospital has a program for service animals to come and visit.

