

# Coming into hospital checklist

Use this leaflet to help you pack a small bag in case you need to go to hospital unexpectedly.

**Name:**

## Important contacts

Tick box if contact has Lasting  
Power of Attorney for Health

Name:

Phone:

Relationship:

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Name:

Phone:

Relationship:

☐

Name:

Phone:

Relationship:

☐

GP Surgery:

Phone:










# 1 What to pack?

Use the checklist below to plan what you need for a two-day hospital stay.

## Top tips:

- Cross out items that you don't need
- Pack as much as possible.  
Use duplicates if necessary.
- Keep valuables to a minimum and mark items with your name if possible.

		Tick box if packed
	Purse with small change	
	Washbag, including toothbrush, toothpaste, denture cleaner, razor, hairbrush, soap and flannel	
	Comfortable, supportive shoes	
	Nightclothes. e.g. pyjamas, nightie, dressing gown	
	Underwear and socks	
	Period products, incontinence wear	

		Tick box if packed
	Comfortable, easy-to-put-on clothes	
   	<p>Something(s) to make you feel at home/ comfortable, e.g. photo, special book, favourite shawl</p> <p>Write details of item(s) here:</p> <hr/> <hr/> <hr/>	
   	<p>Other useful items e.g.</p> <ul style="list-style-type: none"> <li>→ Phone and charger</li> <li>→ Dentures</li> <li>→ Glasses</li> <li>→ Hearing aid and batteries</li> <li>→ Hospital communication book</li> <li>→ Special aids (for drinking, etc.)</li> </ul> <p>Write details of item(s) here:</p> <hr/> <hr/> <hr/>	



Please see reverse of page for more information

## 2 Medication

Keep all medication and repeat prescription in one container. Write on your bag label where your medication is kept.

## 3 Important Information

Give details of allergies or any other health information you want to share:

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