



Hospital Bag



Items to give to nurses and doctors at the hospital

- Health card
- Paperwork of your medical wishes and substitute decision maker
- Bring medication (both prescribed and over the counter)
- List of medical conditions and allergies, if any

Items for patient

Set of clothes

- Underwear
- Socks
- Set of clothes
- Pajamas
- Robe
- Slippers with hard sole

Personal care

- Toothbrush
- Toothpaste
- Deodorant
- Lip balm
- Shampoo
- Soap
- Hair brush
- Razor
- Glasses
- Cream
- Hearing aids (spare batteries)
- Denture case labelled with name

Comfort

- Pillow + case
- Blanket
- Sleep mask
- Ear plugs
- Handheld fan
- Large clock with date or large print calendar



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Checklists for Older Adults



Hospital Bag continued

Items for patient continued

Entertainment

- Crosswords / activity books / cards
- iPad / tablet
- Music with headphones
- Phone charger

Items for caregiver and family members

- Money (coins) for parking, vending machines, pay phones
- List of phone numbers of family members / friends
- Pen and paper for notes or questions for doctors and nurses
- Snacks (+ some for patient if no dietary restrictions)

PLEASE DO NOT BRING JEWELLERY and other irreplaceable items

