

## What to Pack for your Hospital Stay?



- List of allergies or sensitivities to ensure everything is noted in your medical record
- List of prescription and non-prescription meds
- Emergency phone numbers of family and friends

### Essentials for Hospital Stay:

- Underwear
- Socks
- Sweatshirt
- Indoor footwear
- Pyjamas. Note that you may be required to wear a hospital-supplied gown during your stay.
- Toothbrush and toothpaste
- Deodorant
- Hairbrush
- Clothing for the trip home

- Cell phone and charger
- Headphones

**Optional Items for Your Hospital Packing List:**

- Reading glasses
- Personal hygiene products, shampoo, conditioner, body soap, face wash
- Hand lotion and moisturizer
- Hand sanitizer
- Earplugs
- Sleep mask

**Personal entertainment:**

Whether you are a laptop-Kindle or a book-knitting person, make a list of what you enjoy when you're not feeling well.

Be realistic about your hospital stay and don't over-pack!

