

This checklist is to help you pack a small bag, for your stay in hospital.

Packing your essential items is important as visiting is very limited at the hospital so additional items may not be able to be brought in.

Having these things with you will help to ensure you are prepared and have all you need to be comfortable, and improve your experience whilst in hospital. It is important that items are named to help prevent loss.

- | | | | |
|-----------------------------------------------------|--------------------------|-------------------------------------------------------------------------------------------|--------------------------|
| Debit card for 'hands free' payments | <input type="checkbox"/> | Comfortable, easy-to-put-on clothes | <input type="checkbox"/> |
| Toiletry bag with soap, toothbrush, hairbrush, etc. | <input type="checkbox"/> | Mobile telephone/ iPad, and charger, to help you and your family/friends stay in contact | <input type="checkbox"/> |
| Comfortable shoes and socks | <input type="checkbox"/> | Thing(s) to make you feel comfortable: e.g. photo of family or pets, pillowcase, soft toy | <input type="checkbox"/> |
| Nightclothes | <input type="checkbox"/> | | |
| Underwear | <input type="checkbox"/> | | |
| Sanitary towels, incontinence pads, etc. | <input type="checkbox"/> | All regular medication (including medication in Blisterpacks) | <input type="checkbox"/> |
| Contact details for close family and friends | <input type="checkbox"/> | Other important things: e.g. glasses, hearing aid, mobility aid etc. | <input type="checkbox"/> |

Leave from the ward is very limited at the moment due to the public restrictions in place to manage the risk of Covid-19. This means that access to facilities outside of the hospital e.g. shops, may be limited.