

What to Pack for Hospital

A check of list is so valuable to get ready for your visit to hospital

- a nightdress or pyjamas after surgery nightdress are more comfortable
- day clothes comfy clothes for home
- underwear
- dressing gown and slippers
- small hand towel
- toiletries – soap, toothbrush, toothpaste, dryshampoo, deodorant
- sanitary towels or tampons
- razor and shaving materials
- comb or hairbrush
- book or magazines
- small amount of money
- medication you normally take, and a list of the doses for each medicine
- glasses or contact lenses with case
- notebook and pen
- healthy snacks
- Sweets etc jelly's mints
- Phone with extra long charge
- iPad or kindle tv is expensive and most hospital have Wfi

The list gives a general idea of items you might need but not exhaustive.