

Packing for hospital checklist

Use this checklist help you remember everything you'll need.

- Your medications** – take them in their original boxes or containers if possible.
You will need to hand them to nursing staff so they can give them to you in the right doses during your stay. Anything you don't use will be returned when you are discharged.
- Results of any recent tests** – such as x-rays and scans
- Your Medicare Card**
- Your Medibank card**
- Other important details** –such as Work Cover claim, TAC Claim, Veteran Affairs, Pension or Concession card if any of these apply to you
- Mobility aids if you need them** – such as crutches or a walking frame.
Remember to put name labels on these—they're expensive to replace and do sometimes go missing
- Your glasses** – don't wear contact lenses
- Your mobile phone and charger**
- A small amount of money** – for buying a newspaper and other low-cost items
- Wear comfortable clothes and shoes**, but don't worry about packing any extras.

Remember

- ✘ **Don't take valuables or large amounts of money with you to hospital.**
- ✘ **Remove any nail polish and keep your face makeup free.**