

## Pack a hospital bag

As some people may be needed to go to hospital as an emergency it's useful to have a hospital bag ready to go with them in the ambulance. The bag should include the essential items needed to make the person's stay in hospital as effective and comfortable as possible.

If there are items that can only go in as a last measure for example, a mobile phone and list of medications then attach a note of these essential items to be added on the day as a reminder.

Make sure the person's name, hospital number and date of birth is clearly marked on the bag.

### Things you may want to consider packing:

<p><b>Any hospital paperwork</b></p> <ul style="list-style-type: none"> <li>▪ specific hospital paperwork</li> <li>▪ advanced care plan</li> <li>▪ lasting power of attorney if it exists</li> <li>▪ list of medications/known allergies.</li> </ul>
<p><b>Key contact details</b></p> <ul style="list-style-type: none"> <li>▪ family members</li> <li>▪ people that may require medical updates</li> </ul>
<p><b>Change of clothing</b></p> <ul style="list-style-type: none"> <li>▪ day/night clothing and underwear</li> <li>▪ dressing gown and slippers</li> </ul>
<p><b>Toiletries</b></p> <ul style="list-style-type: none"> <li>▪ towel, flannel, sponge</li> <li>▪ toothbrush, toothpaste, denture cleaner and container, shampoo, conditioner, hairbrush, hair ties, shower gel, lip balm, moisturiser, deodorant, shaving products</li> <li>▪ any sanitary/continence products</li> </ul>
<p><b>Communication support</b></p> <ul style="list-style-type: none"> <li>▪ phone and charger</li> <li>▪ hearing aid and batteries,</li> <li>▪ communication aids e.g. Makaton symbols, PECS, objects of reference</li> <li>▪ printed photos of important things in the person's life to aid communication</li> </ul>
<p><b>Other useful items</b></p> <ul style="list-style-type: none"> <li>▪ glasses, watch, small clock and a calendar</li> <li>▪ eye mask, ear plugs, pillow, scarf and noise cancelling headphones</li> <li>▪ books, magazines, music player and headphones</li> <li>▪ any preferred food, snacks and drinks</li> </ul>