



CHECKLIST FOR HOSPITAL STAY

*"When we own our stories, we get to write a brave new ending."
– Brene Brown*

Name: _____

PACKING ESSENTIALS

- ☐ Nightshirts
- ☐ Nightgown
- ☐ Underwear
- ☐ Socks & Slippers
- ☐ Loose clothes
- ☐ Comfortable slip-on shoes

RECOVERY AIDS

- ☐ Stool softeners or laxatives
- ☐ Gas-X
- ☐ Peppermint tea bags
- ☐ Earplugs & eye mask
- ☐ Snacks & Drinks
- ☐ Headphones or earbuds
- ☐ Phone/tablet & charger
- ☐ Books or magazines
- ☐ Notebook or crossword puzzles with pens
- ☐ Small cushion
- ☐ Pillow

MEDICAL & HEALTH ITEMS

- ☐ Prescriptions & medications (in their original bottles)

TOILETTERIES

- ☐ Toothbrush & toothpaste
- ☐ Comb or hairbrush
- ☐ Lip balm
- ☐ Deodorant
- ☐ Shower gel, shampoo & conditioner
- ☐ Moisturiser/skin care
- ☐ Wet wipes
- ☐ Panty liners or sanitary pads

DOCUMENTS

- ☐ ID & Insurance papers
- ☐ Medical paperwork
- ☐ Cash/payment method

OTHERS

- ☐
- ☐
- ☐
- ☐

NOTES

Name: _____

Reminders for Pre-Surgery Prep:

Questions for the Healthcare Team:

Custom Packing Items:

Post-Surgery Plans:
