

Hospital bag checklist

What to pack for a planned or sudden hospital stay.

Pack what's relevant — not everything applies to everyone. Keep this bag ready by the door so it's there when you need it.

DOCUMENTS

- ☐ **Medicare card**
Check it's in date. A photo on your phone works too.
- ☐ **Pension / concession card**
Helps with pharmacy costs during the stay.
- ☐ **Health insurance card**
If private — the hospital needs the member number.
- ☐ **DVA card**
If a veteran — gold or white card.
- ☐ **Advance Care Directive (copy)**
So doctors know your wishes if you can't tell them.
- ☐ **EPOA documents (copy)**
Financial and medical — keep originals at home.
- ☐ **Medication list**
Printed or on your phone. Include dosages and times.
- ☐ **GP referral letter**
If you have one — saves time at admission.
- ☐ **Last discharge summary**
If there's been a recent admission.

PERSONAL ITEMS

- ☐ **Glasses / reading glasses**
Easy to forget in a rush. Pack the case too.
- ☐ **Hearing aids + spare batteries**
Label them with your name — they go missing.
- ☐ **Dentures + container**
A labelled container stops them getting lost.
- ☐ **Walking stick / frame**
If used at home — take it to avoid falls.
- ☐ **Phone + charger**
The charger cable is the part people forget.
- ☐ **Pyjamas / nightie**
Something comfortable and easy to change in.

- ☐ **Non-slip slippers**
Hospital floors are slippery. Grip soles are best.
- ☐ **Underwear**
Pack several changes — laundry takes time.
- ☐ **Dressing gown**
For walking the corridors with some dignity.

COMFORT

- ☐ **Own pillow**
Hospital pillows are thin. A familiar one helps sleep.
- ☐ **Book / magazine / puzzle book**
There's a lot of waiting. Something light.
- ☐ **Headphones or earbuds**
Wards are noisy. Music or podcasts help.
- ☐ **A photo of family**
Something familiar for the bedside table.
- ☐ **Favourite blanket or shawl**
A bit of home in a clinical room.

TOILETRIES

- ☐ **Toothbrush + toothpaste**
Hospital ones are basic. Bring your own.
- ☐ **Soap / body wash**
A small bottle — hospital soap is harsh.
- ☐ **Deodorant**
Roll-on is easiest in a hospital bed.
- ☐ **Tissues**
Softer than hospital paper. Keep a pack close.
- ☐ **Lip balm**
Air conditioning dries everything out.
- ☐ **Moisturiser**
Same reason — hospital air is very dry.
- ☐ **Comb or brush**
Feeling neat helps you feel human.

FOR YOU (THE CARER)

- ☐ **Your phone charger**
You'll be making calls and sending updates.
- ☐ **Snacks + water bottle**
Hospital cafes close early. Have something ready.
- ☐ **Something to read**
For the waits between tests and rounds.
- ☐ **A change of clothes**
In case you end up staying overnight.

☐ **Cash or card**

For the cafe, vending machines, or parking.

☐ **Parking coins / card**

Check the hospital website for rates beforehand.