

## Checklist: Feeling “at home” while in the hospital

If you or someone you know is preparing for a hospital stay, this handy checklist will help ensure it's as comfortable as possible.

### What you should bring

While every hospital has their own policy regarding what patients should and shouldn't bring, this checklist will help you pack items that could bring a feeling of home. If you're in doubt of what your hospital will and won't allow, contact them to find out. And remember to label any items you do bring with your name.

Although the hospital will provide you with a hospital gown and some basic toiletries, bring your own:

#### Dress items:

- Pyjamas/nightwear
- Robe or dressing gown
- Underwear
- Socks
- Slippers
- Tracksuit or comfortable clothes and sneakers (for an extended stay, if you'll be mobile)

#### Toiletries:

- Deodorant
- Toothbrush and toothpaste
- Soap or shower gel
- Shampoo/conditioner
- Shaving kit
- Comb or hairbrush

Note: Most hospitals allow blow-dryers (under 800 watts), curling irons and electric/battery-operated shavers, but you must not use these when you are alone in your room, or in bed. Make sure you show the admitting nurse any of these items.

#### Other items:

- Glasses, hearing aid
- Reading material (magazines, books)
- Puzzles (crosswords, Sudoko)
- Radio (with ear buds)
- MP3 player (with ear buds)
- A small amount of money (\$10) to buy treats at the gift store

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## What not to bring

Leave the following items at home:

### Dress items:

- Valuables (like credit cards, valuable documents, jewellery)
- Cell phone (adapter and charger, too)
- Laptop
- Fan
- Humidifier
- Medication (prescription drugs, over-the-counter medications or herbal products) even if you take it regularly. If you do, you must leave them with the admitting nurse or physician and they will be returned on your release. All your regularly prescribed medication will be provided during your stay.

## Just for kids

If you will be staying with your child in the hospital, bring what you need yourself. For your child, consider the following:

- Pyjamas
- Robe or dressing gown
- Slippers
- A change of clothes
- Toiletries (toothbrush, toothpaste, soap)
- Glasses, hearing aid, braces, crutches (if they need them)
- Soft toys, books, games
- Photos—to make them feel at home

## For infants:

- Disposable diapers
- Baby wipes
- Diaper bag
- Stroller

## Do not bring:

- Latex balloons
- Baby walkers
- Any toy that is electric, can be swallowed or poses a choking hazard, or makes a spark