

Hospital Packing List



The SWEETman Life

Essentials

(Needed at registration, needed again at room assignment)

- Cell phone
- Wallet (Credit card, Manulife card. Health card)

Toiletry Bag

- Wet Facial Cloths
- Hand and Face Wipes
- Deodorant Wipes
- Flushable Wipes (10)
- Kleenex
- Hand cream
- Face Cream
- Brush
- Chap Stick
- Hand Sanitizer
- Tweezers
- Nail file & Nail clipper
- Personal Mirror
- Razor & One use shave cream
- Toothbrush & Toothpaste
- Flosser pick caddie

Clothing

- Shoes (worn to hospital)
 - Sweatpants or PJ pants, T-Shirt, Bra & Underwear, Socks
 - Crutches
 - Hair elastic or band
- (I pack a laundry basket of comfortable clothes that can be brought to hospital as required, based on temperature and mobility)*

Snack Bag

(Brought once moved into room to stock night stand drawers – sufficient to last 5 days)

- Bag of oranges
- Box of granola bars
- Box of crackers
- Box of cookies
- Bag of prunes
- Fibre additive for water
- Water flavoring
- Lemon juice or powder
- Mints

Entertainment

- Book
- Magazines
- Cell phone charger
- Tablet & charger
- Exercise instructions
- Notepad & pencil

Daily Delivery from Family

- Frozen apple juice
- Frozen water bottles
- Ice packs from nurse station
- Extra-large coffee from lobby

Check-Out Bag

- Jacket
- Pillow to prop myself in car
- Filled prescriptions
- Medical equipment (wheelchair, crutches, etc...)