



Use this leaflet to help you pack a small bag in case you need to go to hospital unexpectedly.

**Name:** \_\_\_\_\_

### Important Contacts

*Tick box if contact has Lasting Power of Attorney for Health*












<p><b>Name:</b></p> <p><b>Phone:</b></p> <p><b>Relationship:</b></p>	<input type="checkbox"/>
<p><b>Name:</b></p> <p><b>Phone:</b></p> <p><b>Relationship:</b></p>	<input type="checkbox"/>
<p><b>Name:</b></p> <p><b>Phone:</b></p> <p><b>Relationship:</b></p>	<input type="checkbox"/>
<p><b>GP Surgery:</b></p> <p><b>Phone:</b></p>	

## What to Pack In Case

Use the checklist below to plan what you need for a two-day hospital stay.

- Cross out what you don't need.
- Put a '+' by items to be added at the last minute and write them on the bag label.
- Pack as much as possible. Use duplicates if necessary.
- Keep valuables to a minimum and mark items with your name if possible.
- Pack items with completed leaflet into small bag, tie on label and then store bag.
- Write on Sticker 1 where bag is stored and stick to inside of front door. Put Sticker 2 close to where bag is.

		+ ✓
	Purse with small change £ _____	
	Washbag, including toothbrush, toothpaste, denture cleaner, razor, hairbrush, soap and flannel	
	Comfortable, supportive shoes	
	Nightclothes, e.g. pyjamas, nightie, dressing gown	

	<p>Underwear and socks</p>	
	<p>Period products, incontinence wear</p>	
	<p>Comfortable, easy-to-put-on clothes</p>	
  	<p>Something(s) to make you feel at home/comfortable, e.g. photo, special book, favourite shawl</p> <p>Write: _____</p> <p>_____</p> <p>_____</p>	
    	<p>Other useful items, e.g.  Phone and charger  Dentures  Glasses  Hearing aid and batteries  Hospital communication book  Special aids (for drinking, etc.)</p> <p>Write: _____</p> <p>_____</p> <p>_____</p>	

## Medication

Keep all medication and repeat prescription in one container. Write on your bag label where your medication is kept.

## Important Information

Give details of allergies or any other health information you want to share.

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### PLEASE CONSIDER

- **The Lions Message In a Bottle** scheme – a simple idea designed to encourage people to keep their personal and medical details on a standard form and in a common location: the fridge. Bottles are free of charge and can usually be found in your local chemist or doctors' surgery.
- **ReSPECT** – a new initiative to help make sure that people get the right care and treatment in a health emergency. Ask your GP for details or visit [www.respectprocess.org.uk](http://www.respectprocess.org.uk).

**Disclaimer:** No responsibility is accepted for the contents of this document and bags packed.