

HOSPITAL GO-BAG CHECKLIST

A practical checklist for unexpected admissions, long waits, and the things that are hard to remember under pressure

Why this checklist exists

Nobody wants to prepare for an unexpected hospital visit. But knowing where the essentials are can make a frightening day slightly less chaotic.

Keep this checklist somewhere easy to find. Pack only what is suitable for you and follow hospital instructions.

Important information

- Photo ID
- Medication list
- Emergency contact details
- Insurance details if relevant
- Hospital number or patient card
- Allergy information
- Recent appointment letters
- Phone numbers for oncology or specialist team

Medication

- Current medication in original packaging
- Inhalers or devices
- List of recent changes
- Pain medication
- Medication schedule
- Information about missed doses

Do not change or bring medication against hospital instructions. Ask if unsure.

Phone and practical items

- Phone
- Power bank
- Hearing aids
- Wallet
- Long charging cable
- Glasses
- Keys
- Notebook and pen

Comfort and clothing

- Loose clothing
- Socks
- Slippers with grip
- Lip balm
- Eye mask
- Underwear
- Warm layer
- Toiletries
- Earplugs
- Small comfort item

Things to leave ready at home

- Pet care arranged
- Work contact informed if necessary
- Transport plan
- Plants or heating checked
- House key with trusted person
- Essential bills or deliveries covered

Who needs to know?

Main contact

Second contact

Person with a key

Person who can bring extra items

Person who can update others

My personal checklist

Before leaving

- | | |
|---|---|
| ■ I have the hospital address | ■ Someone knows I am going |
| ■ Transport is confirmed | ■ I have essential information |
| ■ I have followed urgent medical instructions | ■ I have not delayed seeking help to finish packing |

A note about urgency

If you need urgent medical help, do not delay leaving because the bag is incomplete. The bag is support, not a requirement.

A note about safety

This checklist is not medical advice. Always follow the advice of your medical team. If symptoms are severe, sudden, frightening, or worsening, contact your medical team, out-of-hours service, emergency department, or local emergency number. Do not wait for the next routine appointment if something feels urgent.

**The appointment takes an hour.
The waiting takes everything else.**

Version 1.0 | Free Support Library | Not medical advice