

Check list for hospital stay

Clothing:

- Pajamas or nightgown
- Underwear
- Socks
- Slippers
- Bathrobe
- Comfortable clothing (track suit, light sweater)

For longer stays, it is advisable that you ask friends or family regularly to exchange your clothes for fresh ones.

Toilet requisites:

- Toiletry kit (soap, shampoo, toothbrush, toothpaste, denture dish, comb, hairbrush, hairbands, nail scissors, nail file, cosmetics, nail polish remover)
- Towels and washcloths
- Shaving supplies
- Hair dryer

Documents:

- Health insurance card(s) and possibly a reimbursement statement from your insurance
- Medical reports (e.g., x-rays, reports)
- Allergy ID / diabetes documentation
- Advance health care directive
- Personal phone numbers

Other:

- Earplugs
- Hearing aid
- Glasses
- Walking cane
- Change, coins
- Reading material
- Stationery and pen
- Regular medication

For pregnant women, additionally:

- Family register
- Maternity record
- Physician's referral

For outpatient deliveries:

- Car seat suitable for newborns with adequate head support
- Warm newborn clothes including a hat for the ride home

What should I leave at home?

- Favorite jewelry and larger sums of money
- Large bags

Other: _____

