

The Ultimate Non-Clinical Hospital Stay Checklist

Use this guide to ensure you and your home are prepared. Focus on your recovery, not the logistics.

Phase 1: What to Pack (Your Go-Bag)

- **Documents (In One Folder)**
 - Driver's License / Photo ID
 - Health Insurance Card
 - Copy of Advance Directives (Living Will, Power of Attorney)
 - List of Current Medications (Dosages + Frequency)
 - List of Allergies
 - Key Contact Numbers (Family, Doctors)
- **Comfort & Clothing**
 - Loose Pajamas or Loungewear (front-opening if possible)
 - Robe
 - Non-Slip Socks or Slippers
 - Going-Home Outfit (comfortable, loose)
 - Your Own Pillow (use a non-white pillowcase)
- **Personal Items & Toiletries**
 - Toothbrush and Toothpaste
 - Deodorant
 - Lip Balm (essential)
 - Face Wash / Moisturizer
 - Hairbrush and Hair Ties
 - Eyeglasses / Contact Lenses & Solution
 - Hearing Aids & Extra Batteries
- **Technology & Entertainment**
 - Phone
 - Extra-Long Charging Cord (10-ft recommended)
 - Headphones (noise-canceling preferred)
 - Book / E-Reader / Tablet
 - Small Notebook and Pen (for questions)
- **What NOT to Bring**
 - Jewelry or Watches
 - Large Amounts of Cash
 - Your Home Medications (unless instructed)
 - Valuables

Phase 2: Home Front Plan (Before You Go)

- **Designate Your "Point Person"**
 - Share your communication plan (e.g., group text, website).

- Give them your doctor's contact info.
- **Arrange Care**
 - Pet Sitter (confirm schedule, vet info).
 - Child Care (school pickup, activities).
 - Mail / Plant / Trash Duty (ask a neighbor).
- **Manage Household**
 - Pause any upcoming deliveries.
 - Pay any urgent bills.
 - Stock the fridge with simple items for your return.
 - Inform your employer (and caregiver's employer).

Phase 3: Discharge Plan (The Exit Strategy)

- **Confirm Your Ride Home**
 - Arrange a specific person and time.
- **At Discharge (Before You Leave)**
 - Get copies of discharge paperwork.
 - Confirm all prescriptions (Are they paper? Sent to pharmacy?).
 - Write down all follow-up appointments.
 - Clarify all restrictions (driving, lifting, stairs).
 - Ask for an emergency number to call with problems.