

What to pack for hospital

There are some things you will need to bring with you if you are admitted to Canberra Hospital or the University of Canberra Hospital.

You may choose to bring electronic devices like mobile phones, laptop computers and tablets. Don't forget to pack your charger.

Documents

If applicable to you:

- any letters or correspondence we have sent you
- Medicare card
- Veteran Affairs card
- contact details for your General Practitioner (GP), next of kin and carer
- Advanced Care Plan, if you have one
- Enduring Power of Attorney, Health Direction, Statement of Choices or Guardianship documents. We will make copies and give you back your original
- any X-rays and scans relevant to the treatment you are coming to hospital for
- private health fund details if you have one
- workers' compensation or third-party insurance claim documents
- details of any health professionals you see privately, such as physiotherapist or naturopath.

Medicines

Bring all your usual medicines in their original packaging. If you have a Webster-Pak or dose administration aid, bring them along.

Medicines include:

- tablets and capsules
- mixtures
- inhalers and puffers
- creams, ointments and patches
- sprays
- injections
- any medicine bought over the counter without a prescription from a pharmacy or supermarket
- vitamins, herbal or alternative medicines.

Personal items

- Comfortable clothes and pyjamas. You may need a couple of changes of clothes.
- Shoes or slippers that are firm, enclosed and supportive with non-slip soles. Avoid loose footwear and bed socks as these can increase your risk of trips and falls.
- Toiletries such as toothpaste, toothbrush, deodorant, shampoo, hairbrush, comb or razor.
- Your continuous positive airway pressure (CPAP) machine, if applicable. Make sure you have your name on it.
- Any items you may have such as a walking aids, dentures, hearing aids, eyeglasses.
- If you are staying at the University of Canberra Hospital and will be using the hydrotherapy pool you will need to bring something to wear in the pool.

If you are staying for more than a day or two you will need to ask family or friends to take your dirty clothes home and bring you more clean clothes. Please tell us if you don't have someone who can do this for you.

What not to bring

You should not bring things like:

- ☒ large sums of cash or valuable items
- ☒ electrical items like hairdryers, hair straighteners, televisions or fridges
- ☒ alcohol or tobacco products
- ☒ perfume or highly scented toiletries.



Acknowledgement of Country

Canberra Health Services acknowledges the Ngunnawal people as traditional custodians of the ACT and recognises any other people or families with connection to the lands of the ACT and region. We acknowledge and respect their continuing culture and contribution to the life of this region.

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