



Suggested Basic Hospital Bag Checklist for Emergencies

Essential Information List

- * Name and Date of Birth
- * Emergency Contact Information
- * Medical conditions | Illnesses
- * Current List of medications and dosage instructions
- * Any allergies to medicines or foods; special diets
- * Need for glasses, dentures, or hearing aid
- * Degree of impairment and amount of assistance needed
- * Pension Card
- * Medical Aid Card
- * Medical History Information
- * Doctor's Name and contact info
- * Pharmacy Name and contact info
- * Contact info for any inhouse care services

FOR COMMUNICATION

- * Cell phone charger
- * Glasses
- * Hearing Aid batteries
- * Hearing aid

FOR COMFORT

- * Sleeping mask, or earplugs
- * A cozy blanket
- * An iPod, MP3 or CD player & earphones
- * Reassuring or comforting objects

PERSONAL CARE

- * Toiletries including a toothbrush & toothpaste
- * Soap & washcloth
- * Skin lotion and lip balm
- * Shaving cream & razor
- * Shampoo & conditioner
- * Wet Wipes
- * Hand sanitiser & face masks
- * Continance Aids

CLOTHING

- * A change of clothing
- * Change of underwear
- * Socks
- * Slippers & flat shoes
- * Pyjamas & Dressing gown
- * A warm sweater and a change of comfortable clothing including sweatpants