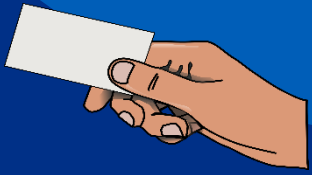


Having to stay in hospital over night?

What to pack for your stay in hospital



Current Medication and
Current Prescriptions



Emergency
contact details



Record card for Steroids,
Anti-coagulation or
diabetes medication



Books,
Magazine,
etc



Toiletries



Comfortable
clothing,
nightwear and
non-slip
footwear



Other aids such
as glasses,
hearing aids,
mobility aids, etc

