

What to bring for your short hospital stay

Help us to keep you moving in hospital



Loose fitting
comfortable
day clothing



Supportive shoes
with rubber sole,
trainers or slippers
with back



Underwear, socks
and nightwear



Glasses, contact
lenses, hearing
aids, dentures



Wash bag,
hairbrush,
toothbrush



Things to do
e.g. book,
puzzles, iPad

