

What to take into hospital in case of urgent admission

Bear in mind that during the coronavirus outbreak you may be in a very basic hospital without a bedside locker. Also, you probably won't be allowed visitors so you can't send home personal items for washing.

Item	Notes	In bag	OR Where to find it
Bag	A holdall with zip probably best labelled with your name and dob (not your address on the outside)		
Identity	Piece of paper with your name, address, dob, contact number		
Evidence of your identity	e.g. a utility bill (not something precious such as passport)		
Next of kin/neighbour details	Name, address and phone number		
Who has a key to your house	Name, address and phone number		
GP details	Name, address and phone number		
National Insurance Number NHS Number	If you know it If you know it		
If you have a pet	Plan A – Plan B –		
Night ware and undies Just a few	As you won't be able to get these washed they may not be needed. You will probably be provided with a hospital robe		

Slippers	Avoiding touching the floor with bare feet is vital		
Toilet bag with basics	Soap, toothbrush & paste, comb/brush, shaving kit		
Black sack and a few smaller plastic bags	For dirty washing		
Item	Notes	In bag	OR Where to find it
List of current medication	Plus a few day's supply		
List of medical conditions	Especially those not obvious from your drug list		
Phone and charger			
Spectacles			
Hearing aid & batteries			
Dentures	And cleaning stuff		
Lip Balm			
Hand sanitising gel	And hand cream if the gel dries your skin out		
Set of clothes for coming home including shoes			
A little money, NOT MUCH	Maybe enough for taxi home		

Bible/Prayer book	And maybe one book		
Church contact details			
A note to put through neighbour's door especially if they are a keyholder	Include your date of birth (needed if for anyone to enquire about you in hospital) and church contact details. If no return after 72 hours could they check the fridge etc (important not to do it before then as risk of contagion)		