

WHAT TO PACK IN YOUR

hospital bag

- *Dressing gown*
- *Flip flops* (you don't want to be walking around those bathroom floors without them)
- *Pants* (enough for 2 pairs per day)
- *Nighties* (I would take a few, those plastic bed sheets will make you sweat, plus it's too difficult to try and get pjs on, I got one leg in and gave up!)
- *Vests/t-shirts* (its hotter than the sun on them wards, take a few!)
- *Leggings* (anything with a stretch for when you start feeling better or are discharged!)
- *Socks* (you will get sexy surgical stockings but might be worth having a couple of pairs)
- *Wet wipes* (when do you not need a wet wipe?!))
- *Face and body moisturiser* (your skin will start to look like a lizard after a few days if not!)
- *Body wash* (essential for those intimate bed baths!)
- *Lip balm* (refer back to lizard comment)
- *Dry shampoo* (nothing worse than feeling rubbish and having greasy hair!)
- *Hair brush & bobbles*
- *Toothbrush & Toothpaste*
- *Cleanser*
- *Towel*
- *Deodorant*
- *Magazines* (unless you have good chat on the ward, those days are looong!)
- *Phone charger* (I forgot this the first time and was clinging onto 10% for a good few hours!)