



## What to bring to hospital

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Due to limited storage space, please consider how much you bring. To maintain safety, the space in the room needs to be uncluttered. There is no provision for locked-up valuables.

### Child

- ✓ Comfortable day clothes and pyjamas
- ✓ A favourite doll, blanket, teddy or other comfort item
- ✓ A favourite activity, or maybe a new one especially for hospital
- ✓ Toiletries
- ✓ Supportive well-fitting footwear
- ✓ Glasses, hearing aids. Bring the cases so you can put them away safely.
- ✓ Sensitive or specialised laundry detergent (we provide generic laundry powder)
- ✓ If you have, equipment to support your child's mobility such as a named walking aid
- ✓ For infants, bring bottles and sippy cups the patient prefers to use. The hospital will supply all daily care needs, including diapers, food and bottles.
- ✓ Older children and teens may bring books, magazines, videos, cosmetics, schoolwork
- ✓ Book/eBook reader/tablet/mobile phone, headphones, charger. You can use our **free patient wifi service**.

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**Be sure all personal items are labelled with your child's name**

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Please note: when using electronic devices in hospitals:

- ✓ Be respectful of others and turn the volume down or use headphones
- ✓ Mobile devices interfere with medical equipment at close range – all mobile phones must be turned off when within 1 metre of medical equipment

### Parent

- ✓ Comfortable day clothes and pyjamas
- ✓ Toiletries items
- ✓ Specialised laundry powder if you or your child needs it (we provide generic brand laundry powder)
- ✓ Book/ebook reader/tablet/mobile phone, headphones, charger. You can use our **free patient wifi service**.
- ✓ If you wish, bring cash to purchase hospital meals

### Medicines

- ✓ Bring yours and your child's medicines (including medicines bought at the supermarket and pharmacy, and complementary, alternative or natural therapies)
- ✓ Bring your medication list (yellow card), if you have one
- ✓ Remember to pack any regular medications that your child is taking, including creams, puffers and autoinjectors (eg. Epipen). Even if they are not used during the hospital stay, it is important that any regular medications are documented in your child's medical record.

### Please do not bring

- ✗ Valuable items such as jewellery or large sums of money
- ✗ Smoking and vaping equipment as it is not allowed. **We can help you be smoke free** while in hospital.
- ✗ Rubber or latex balloons due to the risk of choking or suffocation; any balloons your child receives as gifts must be made of Mylar or foil
- ✗ Perfumes and body sprays