

Hospital Essentials

Basic essentials

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|---------------------------------|--------------------------|-----------------------|--------------------------|
| Pyjamas. | <input type="checkbox"/> | Shower cap. | <input type="checkbox"/> |
| Dressing gown/bathrobe. | <input type="checkbox"/> | Hair dye. | <input type="checkbox"/> |
| Clean underwear. | <input type="checkbox"/> | Soft Towels. | <input type="checkbox"/> |
| Slippers. | <input type="checkbox"/> | Hair drier. | <input type="checkbox"/> |
| Thick socks. | <input type="checkbox"/> | Comb/brush. | <input type="checkbox"/> |
| Flip-flops for the shower. | <input type="checkbox"/> | Moisturiser. | <input type="checkbox"/> |
| Facemask | <input type="checkbox"/> | Deodorant. | <input type="checkbox"/> |
| Tracksuit. | <input type="checkbox"/> | Hand sanitiser. | <input type="checkbox"/> |
| Loose fitting t-shirts. | <input type="checkbox"/> | Hand cream. | <input type="checkbox"/> |
| Woolly hat/cap. | <input type="checkbox"/> | Lip balm/Chapstick. | <input type="checkbox"/> |
| Wig. (if you usually wear one.) | <input type="checkbox"/> | Eyedrops. | <input type="checkbox"/> |
| Headscarf/Headscarves. | <input type="checkbox"/> | Soft toilet paper. | <input type="checkbox"/> |
| Eye mask. | <input type="checkbox"/> | Moist toilet tissues. | <input type="checkbox"/> |
| Earplugs. | <input type="checkbox"/> | Tampons. | <input type="checkbox"/> |

Must haves

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|------------------------------------|--------------------------|--------------------------------------|--------------------------|
| Some cash basic needs. | <input type="checkbox"/> | Incontinence pads. | <input type="checkbox"/> |
| Credit/debit card. | <input type="checkbox"/> | Entertainment | |
| Pre-loaded debit card. | <input type="checkbox"/> | Colouring book/s and pens. | <input type="checkbox"/> |
| Phone and charger. | <input type="checkbox"/> | Puzzle books. | <input type="checkbox"/> |
| Glasses, or contacts and cleaner. | <input type="checkbox"/> | Magazines. | <input type="checkbox"/> |
| Hearing aid and batteries/charger. | <input type="checkbox"/> | A book of short stories. | <input type="checkbox"/> |
| Walking stick. | <input type="checkbox"/> | New books. | <input type="checkbox"/> |
| Headphones/earbuds. | <input type="checkbox"/> | Cancerology. (obviously) | <input type="checkbox"/> |
| Spare USB cable. | <input type="checkbox"/> | Pens/pencils, and a notebook. | <input type="checkbox"/> |
| Laptop. | <input type="checkbox"/> | Journal. | <input type="checkbox"/> |
| A kindle, e-reader, or tablet. | <input type="checkbox"/> | A highlighting pen. | <input type="checkbox"/> |
| Battery/usb hand fan . | <input type="checkbox"/> | Dictation machine | <input type="checkbox"/> |
| Prunes for breakfast. | <input type="checkbox"/> | Jigsaw/s | <input type="checkbox"/> |
| | | Knitting, crochet, bobbin lace, etc. | <input type="checkbox"/> |

Hygiene/looks

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|------------------------------|--------------------------|---------------------------------------|--------------------------|
| Toothbrush. | <input type="checkbox"/> | Treats | |
| Toothpaste. | <input type="checkbox"/> | Diluting juice. | <input type="checkbox"/> |
| Mouth wash. | <input type="checkbox"/> | Some snacks with a strong flavour. | <input type="checkbox"/> |
| Facewipes. | <input type="checkbox"/> | Bovril/Marmite, or something similar. | <input type="checkbox"/> |
| Facecloth. | <input type="checkbox"/> | Tinned pineapple. | <input type="checkbox"/> |
| Soap/Shower gel. | <input type="checkbox"/> | Crackers. | <input type="checkbox"/> |
| Electric razor. | <input type="checkbox"/> | Nuts. | <input type="checkbox"/> |
| Wet razor with spare blades. | <input type="checkbox"/> | Popcorn. | <input type="checkbox"/> |
| Shaving foam. | <input type="checkbox"/> | Boiled sweets. | <input type="checkbox"/> |
| Shampoo/conditioner. | <input type="checkbox"/> | Mints. | <input type="checkbox"/> |