



## Must-haves

- Insurance details and claim form
- Medication in original packaging
- All relevant scans & x-rays
- Specialist dressings or products
- Loose, comfortable clothing
- Toothbrush and toothpaste
- Swimwear (hydrotherapy)

## What not to bring

- Unnecessary cheque books/bank cards
- Jewellery
- Dressy clothes or heels
- Dosette boxes
- Large amounts of food
- Large sums of cash

*If you need to bring valuables please ensure you are fully covered by your insurance*

## Home comforts

- Photos of loved ones & furry friends
- Books/crosswords/magazines
- Makeup & hygiene products
- Mobile phone & charger
- Headphones & playlist
- Night clothes & extra cushion
- Dry shampoo & mints

## What's in your room

- Sleep kit (ear plugs & eye mask)
- Lip balm & hand cream
- Gown & non-slip socks
- Rituals toiletries
- Hairdryer & mirror
- Flannel & towel
- Pens & paper