



# Hospital Packing List and Guide

## For young people with CoHD

This list was created with input from young people who have been through heart surgery to help you prepare:

### Clothing & Personal Items

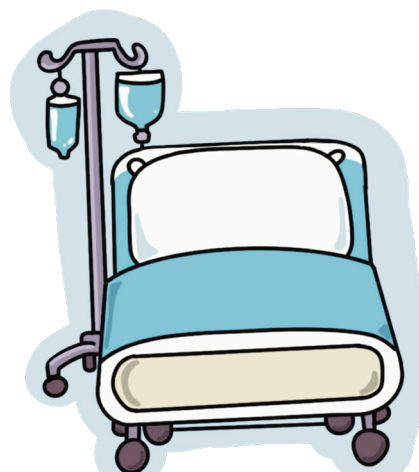
- ☐ Button-up pyjamas – easier to put on after chest surgery
- ☐ Suitable underwear – soft, non-restrictive styles, boxer shorts
- ☐ Slip-on shoes or slippers, socks, dressing gown
- ☐ Comfy day clothes (front-opening shirts, loose pants)
- ☐ Slip on shoes or grip socks for walking around
- ☐ For women/girls: sports bras (wirefree or front-closing options can help), pads/sanitary products (hospital supplies are limited, so bring your preferred brand)

### Comfort & Entertainment

- ☐ Favourite pillow, blanket, or comfort item from home
- ☐ Photos or small keepsakes from friends/family
- ☐ Phone, charger (extra-long cord), earphones, tablet/laptop (download shows/music before admission)
- ☐ Holder for iPad/phone/laptop
- ☐ Journal, sketch pad, cards, puzzle books, colouring
- ☐ Snacks that meet hospital rules (nut-free, soft foods for later recovery)
- ☐ Favourite drinks

### Toiletries & Self-Care

- ☐ Toothbrush, toothpaste, deodorant, shampoo/conditioner
- ☐ Face wipes and dry shampoo (helpful if you cannot shower straight away)
- ☐ Lip balm and moisturiser (aircon makes skin and lips dry)
- ☐ Hairbrush, hair ties, tissues



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### Tips From Young People

- ♥ Pack light – storage space is small
- ♥ Button-ups are a lifesaver when you cannot lift your arms.
- ♥ Noise-cancelling headphones or earplugs can help with hospital sounds at night.
- ♥ Eye mask (those hospital lights are bright)
- ♥ A notebook is handy for writing down questions to ask the doctors.
- ♥ Bring your own pillowcase/blanket – makes the room feel more like home.
- ♥ Don't forget your charger (everyone forgets at least once!)

### How Friends & Family Can Help

- ♥ Be present – sometimes just sitting quietly is the best support
- ♥ Keep visits short if the patient is tired
- ♥ Bring positivity – laughter, light conversation, favourite snacks (if allowed)
- ♥ Fresh flowers can cause allergies - gifts like ballons, artificial flowers or comfort items can be better
- ♥ Offer practical help – water bottle refills, tidying bedside space, managing phone calls/messages
- ♥ Stay connected – send photos, messages, or voice notes if you can't visit

### Hospital-Specific Info

#### Parking/Transport

Location:

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Cost:

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Validation info:

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Public transport:

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#### Wi-Fi

Is Wi-Fi available? ☐ YES ☐ NO

Network and password details:

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#### Visiting hours & rules

Visiting times:

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Rest periods:

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Number of visitors allowed:

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#### What to expect

Pre-op area:

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Waiting times:

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ICU rules:

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Monitoring equipment:

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Ask staff for a hospital map or ward guide - these usually show where to find nearby food, coffee, pharmacy and quiet areas.