



HeartKids



What to Bring to Hospital

Heading into hospital with your child for heart surgery can feel overwhelming, and knowing what to pack can make things a little easier.

Being prepared with both essentials and a few comfort items can help you and your child feel more settled during your stay.

We've put together this guide to help with your preparation.

For Babies & Toddlers

- ☐ All-in-one bodysuits (button-up, ideally with fold-over feet - zippers are not recommended)
- ☐ Favourite dummy or bottle (if fussy about teat shape)
- ☐ Brand-new sealed tin of formula (if formula-fed)
- ☐ Breast pump (some hospitals will have pumps available)
- ☐ Preferred wipes (check if hospital supplies wipes)
- ☐ Nappies (check if your hospital will supply nappies during stay)

For Children

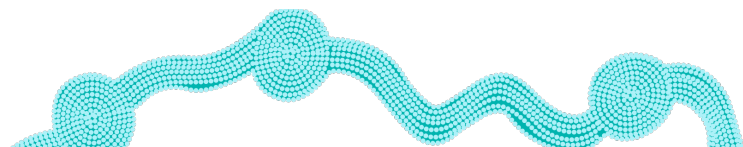
- ☐ Button-down pyjamas (easier for post-surgery recovery)
- ☐ Zip-up hoodie or dressing gown
- ☐ Slip-on shoes with good grip (safer than slippers)
- ☐ Books, toys, colouring, games, tablet with headphones or other entertainment
- ☐ Comfort item (special blanket, soft toy, etc.)

For Parents

- ☐ Warm pyjamas and extra clothing layers
- ☐ Earplugs (if sensitive to noise)
- ☐ Slip-on shoes
- ☐ Toiletries
- ☐ Eye mask (for sleep)
- ☐ Book, tablet or other entertainment

Nice to Have (Optional Extras)

- ☐ Snacks and drinks (hospital food options can be limited)
- ☐ Phone charger and power bank
- ☐ Headphones for calls, music, or movies
- ☐ Notebook and pen (to jot down questions or updates)
- ☐ Reusable water bottle
- ☐ Lightweight blanket or shawl for extra comfort
- ☐ Personal pillow (if you like your own for better sleep)
- ☐ Hand cream, lip balm, or other small comforts
- ☐ Your favourite tea
- ☐ Berocca or Hydralyte



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Hospital-Specific Info

Parking/Transport

Location:

Cost:

Validation info:

Public transport:

Wi-Fi

Is Wi-Fi available? ☐ YES ☐ NO

Network and password details:

Visiting hours & rules

Visiting times:

Rest periods:

Number of visitors allowed:

What to expect

Pre-op area:

Waiting times:

ICU rules:

Monitoring equipment:



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

Notes
