

# Getting Ready for Hospital

What to bring with you, and how to plan for going home

A little preparation makes your hospital stay and recovery much smoother. Use the checklists below to pack what you need and get your home ready before you come in.

## BEFORE YOU COME IN

### What to bring to hospital

#### Medicines & health information

- All your current medicines, in their original boxes
- An advance care plan, if you have one
- Your admission letter and any paperwork the hospital sent you

#### Aids you use every day

- Glasses and a case
- Hearing aids and spare batteries
- Dentures and a labelled container
- Any mobility aids (walking frame or stick)
- Your CPAP machine, if you use one for sleep apnoea
- Inhalers or other devices you use regularly

#### Clothing & toiletries

- A few sets of nightwear
- Dressing gown and non-slip slippers
- Underwear and personal toiletries
- Loose, comfortable clothing and shoes to travel home in

#### Useful extras

- Phone and charger (a long cable helps)
- Contact details for your next of kin and GP
- Something to pass the time (a book, magazine, or headphones)

**Please leave at home:** valuables, large amounts of cash, and jewellery. The hospital cannot take responsibility for lost or stolen items. Remove rings and bracelets before you come in, as swelling afterwards can make them hard to remove. Cultural taonga such as pounamu may stay with you; please let staff know so a plan can be made.

## PLANNING AHEAD

### Planning for home

Sorting these out before you come in makes things much easier when you get back:

- Arrange for someone to be with you for at least the first one to two weeks, to help with meals, cleaning, and getting to appointments
- Arrange a lift home, as you may not be able to drive for a while
- Tidy your home and remove trip hazards
- Prepare and freeze some meals, and stock up on easy food and drinks
- Set up a comfortable place to rest, with everything you need within easy reach
- Arrange care for pets, children, or anyone you usually look after
- Make sure you have pain relief and any repeat prescriptions ready at home
- Plan how you will get to your follow-up appointments

**Authors:** Dr Sam Schriek & Dr Jenny Ross, Consultant Anaesthetists, Wellington. This leaflet is our own work, created for patient education. We have not received payment from Te Whatu Ora or any other organisation for this content.

SurgeryPrep.nz provides general patient education only. It does not replace personalised advice from your surgical, anaesthetic, or nursing team, whose specific advice always takes precedence. For urgent concerns, contact your surgical team or call 111. | Last reviewed: June 2026 | [www.surgeryprep.nz](http://www.surgeryprep.nz)