



Hospital Visit Checklist

A calm, practical guide for what to bring and prepare

♥ Nicole dementiaonline.org

Your Details

Name: _____

Date: _____

Hospital: _____

Tip: pack this checklist together the day before — a calm, unhurried preparation makes the visit itself feel easier.

Important Documents

- ☐ Medicare / Health Insurance Card
- ☐ Photo Identification
- ☐ Pension or Concession Card (if applicable)
- ☐ Hospital appointment letter
- ☐ Medication list
- ☐ Current prescriptions
- ☐ Allergy information
- ☐ Advance Care Directive
- ☐ Do Not Resuscitate (DNR) Order (if applicable)
- ☐ Enduring Guardian or Medical Power of Attorney documents
- ☐ Emergency Information Form
- ☐ Hospital Passport (if available)

Medications

- ☐ Current medications (if requested)
- ☐ Insulin or diabetes supplies
- ☐ Inhalers
- ☐ Eye drops
- ☐ Hearing aid batteries
- ☐ Medication administration chart (if applicable)

Personal Items

- ☐ Glasses
- ☐ Hearing aids
- ☐ Dentures
- ☐ Denture container
- ☐ Walking stick

- ☐ Walker
- ☐ Wheelchair
- ☐ Mobility aids
- ☐ Comfortable day clothes
- ☐ Pyjamas
- ☐ Dressing gown
- ☐ Slippers with non-slip soles
- ☐ Underwear
- ☐ Socks

Toiletries

- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Hairbrush or comb
- ☐ Soap or body wash
- ☐ Shampoo
- ☐ Moisturiser
- ☐ Razor
- ☐ Tissues
- ☐ Lip balm
- ☐ Continence products (if required)

Comfort Items

- ☐ Favourite blanket
- ☐ Favourite pillow (if permitted)
- ☐ Family photographs
- ☐ Memory book or photo album
- ☐ Favourite book or magazine
- ☐ Puzzle book
- ☐ Tablet or music player with charger
- ☐ Headphones
- ☐ Phone charger
- ☐ Glasses case

Information for Hospital Staff

- ☐ Preferred name
- ☐ Normal daily routine
- ☐ Food preferences
- ☐ Communication tips

- ☐ Things that cause anxiety
- ☐ Ways to help the person feel calm
- ☐ Mobility assistance required
- ☐ Falls risk information
- ☐ Vision or hearing impairment
- ☐ Interpreter or communication needs

Before Leaving Home

- ☐ Lock doors
- ☐ Turn off stove and appliances
- ☐ Bring house keys
- ☐ Bring wallet or purse
- ☐ Notify family members
- ☐ Make arrangements for pets
- ☐ Arrange transport home
- ☐ Take this checklist with you

Notes
