

# Navigating Hospital Stay: The Power of Planning and Advocacy

## Essential Packing Guide

Preparation can increase safety and reduce stress during a hospital stay.

### Medical Documentation

Keep these essential documents in a binder and/or digitally on your phone:

- Complete medication and supplement list
- Allergy information
- Vaccination records
- Medical history including diagnoses and surgeries
- Advanced Directives
- ID and insurance cards (plus copies)
- Provider contact information
- Preferred pharmacy details

**Pro tip:** Make multiple copies of these documents for family and hospital staff.

### Personal Comfort Items

- Contact list for loved ones (designate a primary contact)
- Phone, charger, and earphones
- Reading materials
- Eyeglasses and case
- Hearing aids with extra batteries/charger
- Dentures and adhesive
- Notebook and pens
- Sanitizing supplies (wipes, gel)
- Resealable bag to organize small items
- Comfortable shoes with good grip
- Printed photo of yourself with loved ones

For an electronic version of this packing list and a comprehensive document to organize your medical history email [Shlomit@PatientPathNYC.com](mailto:Shlomit@PatientPathNYC.com).

## During Your Stay -

### Communicate effectively -

- Stay calm
- Be concise
- Ask questions

### Fight Infections -

- Brush teeth x3 daily
- Clean hands frequently
- Clean all surfaces

### Remember -

- Have a support person
- Document everything
- Double-check medications



**PATIENT PATH**  
NEW YORK CITY  
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