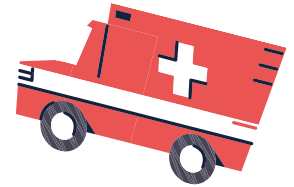
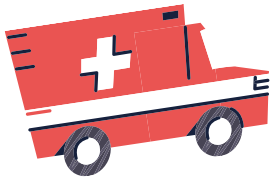


# Dementia Hospital Go Bag Checklist



## WHAT TO PACK

### Paperwork:

- Medication List/Allergies/Interactions
- Health Alert Information
- Lasting Power of Attorney
- Alzheimer's Society This is Me Document or Mycarematters Profile
- Insurance/Medical Card
- Contact List
- John's Campaign print out your hospital policy [johnscampaign.org.uk](http://johnscampaign.org.uk)

### Personal Care:

- Toiletries
- Blanket/Jumper/Cardigan
- Incontinence pants/bed mat
- Body /Facial Wipes
- Lip Balm /Moisturiser

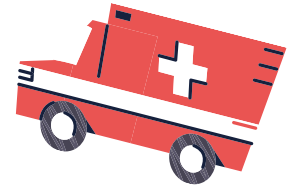
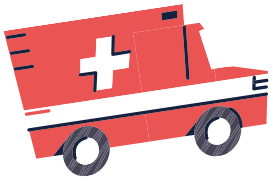
### Activity Aids:

- Smartphone -for photos, music, TV
- Magazines /Books/Knitting etc
- Fidget Toys -worry beads, squeeze ball
- Headphones
- NoteBook /Pencil

### Food:

- Water
- Energy/Protein Bar
- Juice box/ Chocolate
- Pastilles/Sweets for dry mouth
- Fruit (last-minute addition)

# Dementia Hospital Go Bag Checklist



## WHAT TO PACK

### Disability Aids:

- Disability Mug - with straw, Anti Tip mug, two-handed mug etc
- Glasses
- Hearing Aid
- Dentures

### Miscellaneous:

- 
- 
- 
- 
- 

## LAST MINUTE CHECKLIST:

- Phone
- Keys
- Charger
- Money/ Wallet
- Daily Meds/Dossette Box
- Glasses/ Hearing aid/Dentures
- Fruit/Perishable Snacks
- Anti Bacterial Wipes & Gel
- Face Mask/ Shield
- 
- 
- 
- 
-