

Packing list for hospital

Helsana wishes you a pleasant hospital stay

At hospital, there's usually not much space for your personal belongings. We recommend that you take only the most necessary items with you. Leave your valuables, jewellery and larger amounts of cash at home. The hospital is not liable for them.

Health

- Personal medication
(in original packaging + with their dosage instructions)
- Toothbrush, toothpaste and dental floss
- Hairbrush, comb
- Soap, shower gel, shampoo, body lotion
- Deodorant
- Tissues
- Nail scissors
- Sanitary towels, tampons
- Shaving kit
- Spare glasses/contact lenses, contact lens solution, reading glasses

Clothing

- Pyjamas, nightdress
- Dressing gown, bathrobe
- Sportswear
(e.g. for physiotherapy)
- Underwear
- Socks

Footwear

- Slippers
- Trainers
(e.g. for physiotherapy, walks)

Misc.

- Pen and paper
- Reading material
- Games
- Mobile phone incl. charger and headphones
- Watch, alarm clock

Documents

- Helsana insurance card
- Personal identification (passport, ID card, residence permit)
X-rays, electrocardiogram (ECG) and reports (e.g. laboratory)
- Credit card
- Cash (not too much)
- Allergy ID
- Blood group card
- Other medical IDs (e.g. coronavirus vaccination certificate)
- Your advance health care directive
- Address book