

## **CARER 911: EMERGENCY HOSPITAL BAG CHECKLIST**

***Everything you need packed and ready before the emergency happens.***

This is one of the highest-converting caregiver lead magnets because every carer knows the chaos of last-minute hospital trips.

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## **CARER 911: EMERGENCY HOSPITAL BAG CHECKLIST**

***A ready-to-print list so you always leave home prepared.***

When an emergency happens, you don't have time to think.

This checklist ensures you always have what you need — for your loved one **and for you**.

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### **✓ PAGE 1**

#### **FOR THE PERSON YOU CARE FOR**

##### **Medical Essentials**

- ☐ Current medication list
- ☐ All daily medications
- ☐ PRN (as-needed) medications
- ☐ Allergies list
- ☐ GP + specialist contact sheet
- ☐ Advanced Care Directive
- ☐ Medical Decision Maker paperwork
- ☐ Medicare card / Healthcare card
- ☐ Hospital Passport (if they have one)

##### **Comfort Items**

- ☐ Warm socks
- ☐ Soft blanket
- ☐ Comfortable clothing
- ☐ Toothbrush / toothpaste
- ☐ Lip balm
- ☐ Tissues
- ☐ Water bottle

##### **Mobility / Equipment**

- ☐ Walking stick / frame
  - ☐ Hearing aids & spare batteries
  - ☐ Glasses
  - ☐ Dentures + container
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## ✓ PAGE 2

### FOR YOU — THE CARER

#### Personal Essentials

- ☐ Phone + charger
- ☐ Water bottle
- ☐ Snacks
- ☐ A warm jacket
- ☐ Spare clothes
- ☐ Notebook & pen
- ☐ Your carer diary
- ☐ Medication (if you take any)

#### Emotional Essentials

- ☐ Headphones
- ☐ Something to read
- ☐ Stress mints / calming tea bags
- ☐ A small comfort item (rosary, photo, etc.)

#### Practical Essentials

- ☐ Coins or card for parking
  - ☐ Parking app installed
  - ☐ Your list of questions for the doctors
  - ☐ Toiletries (brush, deodorant)
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## ✓ PAGE 3 (Optional)

### IMPORTANT INFORMATION TO KEEP IN YOUR BAG

- Latest discharge summary
- Latest pathology results

- Emergency contacts list
- Medication changes from last visit
- Hospital number (UR number)
- End-of-life care instructions (if applicable)