

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.

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.**

✓ 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

✓ 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)

✓ 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)