

Hospital Packing

- Post-mastectomy bra
- PJ's (button up ones, nighty for DIEP).
- Slipper socks
- Flip flops
- Dressing gown
- Loose T-shirt
- Button up shirt
- Underwear
- SNACKS
- Throat sweets
- Water bottle (with straw)
- Straw
- Headphones
- Phone
- Charger (super long lead)
- Headphone splitter
- Book(s)/Audiobook(s)
- Earplugs (Hospitals can be noisy places)
- Eye-mask
- Mastectomy pillow
- Drain bags
- Lip balm
- Face/body wipes
- Hairbrush/ties
- Toothbrush/paste
- Dry hair shampoo
- Deodorant

