

WHAT YOU WILL NEED

Please have the following brought in:

Clothes

When you are able to start mobilising you will require suitable clothing to be brought in. At the start it is better to have loose fitting clothing that is easy to take on and off and is straightforward to wash.

It is important you look after your skin and prevent any pressure ulcers from occurring we therefore ask you to read the following advice to prevent your clothing causing you any skin problems. (Try to avoid clothing with bulky seams as this may cause marks)

- Bra or vest** if required or wanted
- Knickers/pants/boxer shorts** if required or wanted
 - For men boxer shorts are more suitable
 - For ladies pants/knickers should not be too tight as this can cause marking
- Socks** – avoid socks with tight elastic tops; bulky toe seams should also be avoided, however these can be worn inside out if necessary.
- Tracksuit bottoms or trousers** – these should not have any buttons, zips or pockets on the back of them as these can easily mark you. Tracksuit bottoms tend to be the easiest to put on with least potential for causing skin problems.
- T-Shirts**
- Sweatshirt or jumper** – a full-front opening is easiest if arm function is restricted
- Shorts or swimming costume** for hydrotherapy
- Trainers or Shoes** – these should be at least 1 or 2 sizes bigger than you normally wear as often your feet can become swollen when you get up.

If you are unsure, either bring the items in for us to see or ask for advice.

Clothing can become soiled so we ask that you provide **washing liquid** (our machines do not take the powder) so that soiled clothes can be washed on the ward.

PLEASE NOTE THAT ALL CLOTHING IS REQUIRED TO BE TUMBLE-DRIED IN THE NSIC DUE TO INFECTION CONTROL REGULATIONS.

Toiletries

The following is a list of items you will require whilst in hospital:

- Wash bag
- Soap/body wash/shower gel
- Shampoo
- Toothpaste
- Toothbrush
- Deodorant
- Razor and shaving foam or an electric razor
- Brush or comb
- Flannel

We can accept no responsibility for loss or damage to any property or clothing.