

Emergency bag 1

If you are rushing to hospital, take a couple of minutes to grab these things.

For you:

- Any medication YOU may need
- Medicare card
- Healthcare cards
- Tissues / wet wipes
- Money for car park and vending machines
- Bottle of water and something to eat
- Jumper in case you get cold
- Any toiletries needed for you.
- Spare t-shirt in case he throws up on you
- A book or magazine to read
- Mobile phone

For your child:

- Any medication they need
- Nappies and formula/bottles if needed
- Water bottle or cup with a lid/straw
- Empty ice-cream container and old towel for the car in case he is sick
- Spare set of clothes, in case he is sick on the ones he is wearing
- Jumper, as it does get cold
- Comfort blanket or teddy
- Something to entertain them: portable DVD players, tablet computers or games are great
- Colouring book/pens
- A couple of favourite toys
- Story books