

Things you need when you are hospitalized

@sora

check	What you need	quantity
	Pajamas (front opening)	2-3 sheets
	cardigan	1 sheet
	Underwear, top and bottom	2-3 sheets
	Indoor footwear	1 pair
	Shampoo, conditioner, body soap (soap)	Each one
	Towels for bathing, bath towels, foot wipes	1 each
	Toothbrush, toothpaste, unbreakable cup	Each one
	Shaving (male)	1
	Cosmetics and sanitary products (female)	Appropriate amount
	Glasses, contact lens (for replacement), case	Appropriate amount
	Denture, denture case, hearing aid, magnifying glass	Each one
	Care hat	1-2
	mask	Appropriate amount
	Earpick, cotton swab, nail clipper, nail file	Each one
	Earplug	1
	Currently taking medication and medicine notebook	required amount
	A4 file zipper case	Each one
	Note ballpoint pen for memo	Each one
	Books, novels, magazines	Appropriate amount
	Tissue paper (box)	Appropriate amount
	Wet tissue (box), refill	Each one
	Cleaning agent	Appropriate amount
	Clothespins / hangers	2-3 pieces
	S-hook	1-2
	Bag to collect luggage	Appropriate amount
	Notebook PC, power cable, LAN cable	Each one
	Smartphone (mobile phone), charging socket, charging cable	Each one
	Portable game consoles (Nintendo switch, 3DS, etc.), charging cable, radio	1
	Power extension cord	One
	Earphone for TV / Earphone for Smartphone	1 each
	Mobile WiFi router (Pocket WiFi)	1
	Table clock	1
	Coin, thousand yen bill	Appropriate amount
	wallet	1

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