



Feeling comfortable



Bring a pillow, blanket and PJs to help you feel at home.



Hospitals are bright and loud – a sleeping mask and earplugs will help you rest.



Noise cancelling headphones can reduce hospital noises.



Bring a water bottle and stay hydrated.



Bring a change of clothes.



Decorate your room or a pin board with photos of friends and family.

Want to learn more?

Canteen supports young people aged 12 - 25 years impacted by cancer. Call 1800 226 833 to learn how (free call).



Remember your healthcare team is here to help. You can ask your doctor, nurse or social worker questions, at anytime. For emergencies call 000.

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Tips and Tricks

for your hospital stay



This resource was created **FOR** young people **BY** young people who have experienced cancer.

Leave your room and get some fresh air.

Keep a journal to write down your thoughts and feelings.

Decorate your space.

Feeling down?

Use meditation and wellbeing Apps to stay grounded.

Ask about wellbeing programs at the hospital.

Check hospital visiting rules and invite people to chat or give them a call.



- Feel like the food isn't helping you get through treatment?
Ask to see a dietician.
- Don't be afraid to ask for other menu options.
- Download a food delivery service and ask your family/friends to pick it up.
- Bring your favourite snacks.
- Store home cooked meals in a fridge at the hospital.

- Technology – bring your devices and extended charging cable to stay connected.
- Hospital Wi-Fi can be slow, you might need extra data.
- Reading, movies and music can help pass the time.
- Bring arts and crafts, games or activity books.
- Create a new social media page or start a blog.
- Talk to someone new - making friends can get you through harder days.
- Ask about facilities you can use at the hospital (e.g. patient and family rooms).

