

SCARSTORIES · A LITTLE COMPANY ON THE WAY

What should I pack for the hospital?

Nadia H. — cardiac rehab physio · 16 Sep 2026

Going in next month. What did you wish you had brought, and what was useless?

A personal account, not a treatment recommendation. Experiences and recovery vary.

For discussion and personal reference. Your care team's individual instructions take priority. For an emergency, contact your local emergency service; do not wait for a community reply.