

# What to bring for my stay

## Medications

Please bring with you all your current regular medications (medications must be in their original packaging).

Former patients have suggested the following clothing, toiletry and personal items:

## Clothes

- ☐ Comfortable and appropriate day wear, including long pants and plain tops (short sleeved and long sleeved) to wear inside the Clinic
- ☐ Comfortable and appropriate street wear for any outings or walks
- ☐ Comfortable t-shirts, sports pants and sports shoes for sports activities
- ☐ Supportive, flat, non-slip slippers or light shoes to wear inside the Clinic (shoes must be worn outside your room)
- ☐ Pyjamas
- ☐ Dressing gown to suitably cover legs and arms (if pyjamas aren't long sleeved with long pants)
- ☐ Ample underwear
- ☐ Laundry powder – a washing machine, clothes dryer and clothes horse are located in each Unit for washing your clothes.

## Toiletries

- ☐ Skin products (including handsoaps, bodywash and moisturiser)
- ☐ Personal hygiene products (deodorant, toothbrush, toothpaste) and sanitary items
- ☐ Hair products (including shampoo and conditioner, brush and comb)

Please note that clean towels, face washers and shower mat will be provided.

## Other personal items

- ☐ Prescriptions
- ☐ Walking aids
- ☐ Glasses
- ☐ Hearing aids
- ☐ All bedding is provided, however you may wish to bring in a doona/duvet, blanket or rug for your bed (to feel more 'at home')
- ☐ Refillable water bottle as there are refill stations on each Unit
- ☐ Photographs (if appropriate) or small ornaments to feel more 'at home'
- ☐ Quiet activities or hobbies to do during spare time, such as:
  - Book(s) to read
  - Art supplies such as a sketch pad, colouring books and pencils
  - Craft supplies such as knitting
  - Games such as crossword puzzles or word searches
  - Laptop or tablet (WiFi is available)
  - Music devices with earphones
  - DVDs to watch in the lounge room (please consider other patients in your choice of movies)

## What not to bring to the Clinic

- Items in plastic bags/plastic bags
- Sharp objects of any kind
- Alcohol and illicit drugs:  
No alcohol or illicit drugs are to be brought into Albert Road Clinic or consumed at any time whilst you are a patient. Non adherence to this policy may result in your immediate discharge.