

Checklist

Item and notes	
<i>**Item will be kept by nursing staff and provided to patient only when needed</i>	
Water Bottle (Plastic)	
Lock for your locker	
For Smokers:	
Enough cigarettes for you stay.**	
Enough Vape oil for your stay (Sealed)**	
Matches/Lighters**	
Existing medication and prescription**	
Clothing:	
Appropriate for the season.	
Females: No camisoles (spaghetti strap tops).	
No revealing clothing.	
Shorts and dresses must be knee length or longer.	
Appropriate sportswear for physical activities.	
Shoes – No heels allowed.	
<i>Please note: Washing facilities are only available on Saturdays and Sundays.</i>	
Toiletries: (Only in plastic containers)	
<i>Note: All toiletries brought in must be declared and searched by nursing staff.</i>	
Basic toiletries such as soap, shampoo, toothpaste, toothbrush, sanitary towels/products etc.	
Towel and wash cloth	
Mouthwash (Alcohol free)	
Shaving equipment**	
<i>Shaving will be done under supervision and equipment kept by nursing staff.</i>	
Deodorants	
<i>Aerosol spray bottles and perfumes will be locked up by nursing staff and provided to patient when needed.**</i>	
Minimal make-up allowed	
Hairbrush	
Hairdryer	