

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.

Albert Road Clinic

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