

# What to bring to Rehabilitation

Recommended items to smooth your transition into rehab are listed below. If you are unable to bring in any of the items below, let the team know when you arrive, and we can help source if required. Please ensure all items are labelled. Valuables should be left at home.

## Clothing

- 3-5 outfits for wear during the day (comfortable, easy to put on / elastic waist, suitable to exercise in)
- pyjamas for night-time wear x 3
- underwear
- shoes (comfortable, well fitting, suitable to walk outdoors, not thongs or slides)
- socks
- glasses, hearing aids, dentures

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## Toiletries

- toothbrush and toothpaste
- shampoo / conditioner
- hairbrush
- deodorant
- grooming / shaving items
- feminine hygiene products

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## Familiar Items

- photos of family and friends
- reminders of home (pillow, blanket)

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## Mobile Phone & Electronic Devices

Please speak to the team to identify if it's appropriate to have your mobile phone or other electronic devices with you.

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