

DETOX PACKING CHECKLIST

It's natural to feel a bit unsure when preparing to enter detox and the whole experience can be a bit daunting. We hope that by providing you with some extra information about the things you can pack to bring with you to detox, it will help you feel more prepared and offer some relief from any anxiety you may be feeling.

ITEMS REQUIRED FOR ADMISSION:

- Photo ID (drivers licence/passport, etc.)
- Medicare Card
- Bank Card
- Health Care Card
- Any regular medications, prescriptions, or medical documentation you may have
- TFN (tax file number) & Bank Details for Centrelink

CLOTHING:

Your clothing should be casual and comfortable. Clothing that you can layer is advised. Please pack enough clothes for five (5) days.

- Seasonally appropriate clothing
 - Tops (tshirt, singlets, long sleeve)
 - Shorts / Skirts
 - Pants (Jeans, tracksuits)
 - Jackets, hoodies, sweater, jumper
- Underwear & Socks
- Sleepwear
- Comfortable footwear (runners, slippers)
- Hat

SMOKING & VAPING:

It is recommended that you bring in enough cigarettes for your visit. Vapes are only permitted onsite if they are prescribed by a medical practitioner according to Australian law.

PERSONAL HYGIENE:

- Toothbrush & Toothpaste
- Comb / Brush
- Roll on deoderant
- Soap / Body wash
- Shampoo & Conditioner
- Make up
- Nail clippers
- Alcohol free mouthwash (sealed)
- Moisturiser
- Razor
- Sanitary items

YOU MAY ALSO BRING:

- Stationary, stamps, envelopes
- Books (self-help, spiritual, motivational, inspirational - this is up to the Program Facilitators discretion)
- Personal photos
- Comfort items such as a blanket or soft toy

