



PRE-ARRIVAL CHECKLIST

Personal items

- Toiletries & personal medications
- Pyjamas, robe, slippers
- Snack foods*
- Washing powder*
- Drink bottle
- Knick-knacks to make your room feel more comfortable
- Own bedding, if desired

Extra-curricular

- Clothing for both hot & cold weather
- Sports and walking shoes
- Gym gear
- Books
- Art & craft supplies

Telecommunications

- Laptop/tablet
- Mobile/smart phone
- Musical instrument
- 2degrees SIM card **
- Phone card to make toll calls*

What we provide

Bedding and towels
Your own room
Coat hangers
Meals
WiFi
A place of refuge.

*These items can be purchased on-site from the patient-run canteen.

**Mobile coverage at Ashburn is patchy, although we have better coverage with 2degrees and Vodafone than with other providers. WiFi calling is available to 2degrees customers with compatible mobile devices.