

WHAT TO BRING

Things you must bring for admission:

Admission Checklist:

Item	Check
GP or Psychiatrist Referral Form – signed and complete <i>Note: no admission will be permitted without this form</i>	
Medicare card	
Health fund card/book	
Pension or concession card	
Credit Card or minimum cash deposit of \$200 for pharmaceuticals <i>Note: Unused amount is fully refundable</i> <i>Credit Card payments are subject to a 1 – 3% merchant fee</i>	
Sufficient funds for transport home – airline ticket, taxi fare etc <i>Note: for your welfare, admission is not permitted without</i>	
Consent to use information form	
Emergency contact details – next of kin, designated carer, emergency contact	
Consent to communicate contact details – Friends or family who may contact you, or who you may wish to call while at SPP	
Medications as prescribed by your Doctor <i>If required</i>	

Suggested personal items:

- A watch with an alarm (no smartwatches allowed)

- Limited amount of cash for incidentals such as
 - \$1 coins for the washing machines
 - Toiletries
 - Books
 - Gifts
- Stationery, pen, stamps
- List of phone numbers and addresses of people you wish to be in touch with (you will not have access to your mobile phone)
- A baby picture or youngest picture of you available
- Your own pillow (optional)
- Water bottle
- Photos of loved ones
- Ear plugs
- Your favourite quilt (optional).

Acceptable clothing:

Note: for Work Health Safety reasons, footwear must be worn at all times.

Please pack casual, comfortable clothing such as:

- Weatherproof jackets and jumpers
- Jeans, chinos and comfortable pants
- Flat shoes, sand shoes, sandals, thongs or sliders
- Shirts, t-shirts and sweatshirts/sloppy joes

- Shorts, skirts and dresses must all cover the knee (or be worn with leggings beneath)
- Pyjamas and dressing gown, thongs or slippers
- Loose clothing for beach walks and yoga
- Sunglasses (for external use only)
- Hats, caps and beanies (for external use only)

We ask that the following clothing items NOT be worn

- Leggings (unless covered by a top to mid-thigh)
- Shorts, skirts and dresses which are shorter than knee-length, without leggings beneath
- Singlets
- Spaghetti straps
- Any clothing which is see-through or revealing
- Clothing with political or defamatory messages
- High heels
- Clothes that are suggestive, torn or ripped.

Toiletries

- Personal toiletries in original bottles (such as soap, toothbrush and toothpaste)
- Mouthwash must be alcohol-free
- Roll-on deodorant – no aerosols permitted
- Electric or disposable razors

- Nail clippers, emery boards
- Sunscreen

Medication

- List of medications from your Doctor
- Medications as prescribed by your Doctor must be in original, sealed, unopened packaging
- Vitamins and supplements must be sealed and in original packaging
- Nicotine replacement therapy: Lozenges, Patches, and Nicobate strips

E-cigarettes, NRT spray and gum are NOT permitted

If your medication is deemed suitable by your GP and psychiatrist, it will be administered by nursing at regular medication times.