



Packing List

We are pleased to provide you with a choice of mattresses, ceiling hoists and slings, homewares and commodes. While you will not need to bring any large equipment for your stay, you may still need to bring along some of the personal effects and equipment listed below.

Personal Routines	Bladder	<ul style="list-style-type: none"> • Leg bags • Catheter valves • Overnight drainage bag or bottle • Sterilising solution or tablets for the drainage system • Urinal or large empty bottle to drain urine into • Securement device or thigh straps (to attach catheter to thigh x 2 wet and dry) • Spare SPC or IDC • Enough intermittent catheters + extras for your stay • Incontinence pads
	Bowel	<ul style="list-style-type: none"> • Enemas/suppositories/rectal catheters/syringes • Gloves for yourself and or/attendant care • Lubricant sachets or tubes • Blue incontinence sheets if required • Wipes
	Skin	<ul style="list-style-type: none"> • SPC dressings
	Integrity	<ul style="list-style-type: none"> • Existing wound dressings and tape • Sheepskin and/or boots • Foot bolster/wedge
	Respiratory	<ul style="list-style-type: none"> • Respiratory equipment
	Splints	<ul style="list-style-type: none"> • Splints
	Medications	<ul style="list-style-type: none"> • Medications
Wheelchair	Charger	<ul style="list-style-type: none"> • Wheelchair charger
Meals	Food	While food is not provided, we can assist you with shopping at the nearby IGA or with an online shop at Coles or Woolworths. Our guest attendants are also on hand to pack away shopping in your room and assist you with meal preparation and cooking.
	Cutlery	We supply a large range of modified cutlery however feel free to bring your own if you wish
Recreation	Swimming	Beach towel (bath towels provided)