



BLOEMCARE ADMISSION CHECKLIST

What to Bring?

- Casual clothes (For daytime wear during the length of stay)
- Sleepwear slippers and a dressing gown
- Personal toiletries
- Bath towels
- Trainers and appropriate clothing if you plan on making use of the gymnasium
- Bloemcare does provide pillows, but you may bring your own
- A two-point plug (for your hairdryer, cellphone charger etc.)
- Medication, Bring any medication you are currently taking and hand them to
- the nurse in charge
- Notebook and pen/pencil (for group therapy)
- Reading material e.g. magazines (for relaxing)
- Cash is needed for the following:
 - Key deposit R20,00
 - Tuck Shop (credit and debit card facilities are available)
 - Group therapy workbook: R70,00
 - Relaxation Therapy CD: R100,00 (optional)
 - DVD's relating to psychiatric disorders are available at R150 per DVD
 - Bean bags: R50,00 (optional)
 - Washing powder R2,00 and fabric softener R1,00 if you wish to make use of Bloemcare laundry