

What to pack for your first Respite stay

It's not always easy knowing what to take with you for your first overnight stay at respite, so the Melba respite team have put together this handy packing list.

- comfortable clothing for the length of your stay. For longer stays, pack for 7-10 days, which allows for laundry. Make sure clothing is labelled with your name and include items like:

- ☐ underwear and socks
- ☐ sleepwear, dressing gown/robe and slippers
- ☐ cardigan, jumper, or jacket
- ☐ comfy shoes

- toiletries and personal care items, such as:

- ☐ toothbrush and toothpaste
- ☐ shampoo, conditioner, and soap
- ☐ hairbrush or comb, moisturiser, and deodorant
- ☐ electric razor (preferred over disposables)

- medications – prescription medicine should be kept in its original packaging or bottles with the medication name, dose, expiry date, and pharmacy instructions
- devices such as hearing aids, dentures, CPAP machine, and glucose monitors
- communication supports, such as a communication board, and assistive adaptive tech, like a speech generating device
- comfort items, such as a favourite pillow, blanket or book
- any activities you enjoy such as puzzles or board games

