

Checklist

Entering a rehab clinic

Personal effects

A stay at a rehab clinic can take several weeks.
For this reason, you should be suitably prepared:

| | |
|--------------------------|--|
| <input type="checkbox"/> | Underwear |
| <input type="checkbox"/> | Sportswear, track suit, T-shirts |
| <input type="checkbox"/> | Trainers (footwear) |
| <input type="checkbox"/> | Sun hat, clothing for wet weather and sturdy footwear for outdoor activities |
| <input type="checkbox"/> | Casual clothing for leisure activities and mealtimes |
| <input type="checkbox"/> | Accident note |
| <input type="checkbox"/> | Insurance certificate, identity card/passport |
| <input type="checkbox"/> | Results of examinations, medical reports, etc. |
| <input type="checkbox"/> | X-rays |
| <input type="checkbox"/> | Other medical documents |
| <input type="checkbox"/> | A list of the medication and dosage you are currently taking |
| <input type="checkbox"/> | Any aids/appliances such as corrective eyesight devices or walking aids |
| <input type="checkbox"/> | Toiletries |

Hand and shower towels as well as other towels are provided by the clinic. Please remember that your room has limited space for storing larger personal items.

Laundry

You are responsible for washing your personal clothing and underwear. Our hospitality department offers a laundry service. Please ask your nursing staff for a price list. Each ward also has a washer and tumble dryer that you can use free of charge after 4 pm or during the day after consulting the nursing staff.