



Packing List for your Stay in Rehab

Clothes

- Sweaters
- Overcoats/knit jackets
- T-Shirts/Tops
- Jogging pants/leggings
- Pants
- Sufficient sportswear
- Underwear
- Pyjamas
- Thick and thin socks
- Swimwear
- Bath slippers
- Bathrobe
- Slippers
- Jacket, raincoat
- Sports shoes
- Walking shoes
- Sunglasses
- Other clothes:

Important Documents

- All medical documents of your previous examinations
- Referral letter
- If necessary, certificate of cost coverage
- Identity card, vaccination card, insurance card, EC card
- List of medications
- Contact details of an emergency contact
- Questions to your doctors, therapists
- Further documents:

Technology

- Cell phone + charger
- Laptop/tablet + charger
- Headphones
- Small game console
- Powerbank
- Other technology:



Packing List for your Clinic Bag

Toilet Bag

- Medication
- Food supplements
- Toothbrush and toothpaste
- Shampoo and shower gel
- Deodorant
- Towels (+ towel for sports)
- Panty liners/pads/tampons/menstrual cup/etc.
- Hairbrush/comb
- Glasses
- Contact lenses and contact lens solution
- Hair dryer
- other cosmetic items:

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- Mouthguard
- Hand disinfection
- Drinking bottle
- umbrella
- small extra bag for applications
- small backpack for excursions
- small pillow and cuddly toy
- entertainment: books, magazines, card game, coloring materials
- diary and pen
- wallet with cash
- earplugs and sleeping goggles
- Snacks
- Also:

