



WHAT TO BRING

1. Exam pad.
2. A5 hard cover book, 192 pages.
3. A4 96 Page Hard cover, feint and margin exercise book.
4. Pens/Pencil/Highlighters/Colour pencils, small flip file with ability to hold exam pages and notes.
5. Bedding of your choice (Pillows, blankets, duvets, throws, fitted sheet for single beds)
6. Towels & facecloth
7. Toiletries (Toothbrush, hairbrush/comb only) All other toiletries will be supplied in our Starter pack
8. Clothes for a week to include gardening, sport and church, swimwear and comfortable walking shoes. Clothing that is offensive, containing alcohol or cigarette branding, or is counter to recovery philosophies will be confiscated and held in storage.
9. Beach Towel, Swimwear & Sunblock
10. A Bible that is in your home language.
11. A watch for time keeping.
12. A Tuck-shop is available, selling the basic necessities, running on a book system. Money has to be paid in with management and a receipt will be provided.
13. A lockable container needs to be brought along for storing of private items, basic groceries (dry goods) will also be allowed. (i.e. Coffee, sugar, crisps, sweets- not compulsory)
14. No perishable items are allowed to be kept in the rooms.

We will supply the following if needed (Only on request):

TOILETRIES STARTER PACK (R250 payable at admission)

- Toothpaste
- Shampoo / Conditioner
- Body Soap
- Body Lotion
- Deodorant
- Razor

WORKBOOKS: (R600 payable at admission)

- Cover for personal Journal
- Heart of Addiction Book
- Heart of Addiction Work Book
- Relapse Prevention Workbook
- Solas Worksheets
- Various other worksheets (Printed)