

What to pack for your stay at Signature

CLOTHING

- Daytime clothing – including your favourite cosy jumper or cardigan
- We recommend enough changes of clothes for two weeks
- Gardening/arts and crafts clothing – items you don't mind getting messy!
- Loose clothing – for our seated exercise classes
- Two or three sets of nightclothes
- A dressing gown
- Slippers
- Two pairs of shoes
- Socks or stockings
- Underwear
- A coat or jacket and hat/scarf
- Something nice – we often run events and have parties
- Hangers

HOME COMFORTS

- Photos/pictures
- Ornaments
- Books/e-reader
- Games or hobbies, e.g. knitting
- Writing materials
- Favourite cushion for your bed/chair
- Furniture, e.g. wardrobe, chest of drawers, dressing table, arm chair, chair for visitors, bed side table etc
- Bin
- Tea and coffee cannisters – if you wish
- Mugs and glasses
- Bedside lamp

TOILETRIES

We recommend packing toiletries that you are used to using. The familiar products and smells will help you to feel more at home. The list includes items for both men and women.

- Toothbrush
- Deodorant
- Body lotion
- Face products, e.g. moisturiser
- Body wash/shower gel
- Soap
- Powder
- Shampoo and conditioner
- Hairbrush or comb
- Make-up (if used)
- Perfume
- Hairstyling equipment, e.g. rollers/hairpins
- Shaving equipment
- Nail varnish – we have nail salons, but if you have a favourite, bring it with you.

OTHER ITEMS

- Mobile phone or tablet and charger
- Glasses
- Medicines – 4-6 week supply in the original packaging please
- Mobility aids

Signature