

Things to Bring

Suggested items to bring with you to *Bethesda Addictions Treatment Centre* include:

- Clothing:**
- seasonal appropriate clothing (warm and cold weather)
 - gym clothes & walking shoes
 - appropriate, decent style clothing and swimwear at all times

Personal toiletries: soap, shampoo, toothpaste, toothbrush, deodorant, etc.

Sunscreen

Beach towel

Medication (if relevant): to be accompanied by a doctor's prescription

ATM/cash machine card (only applicable if you will be managing your own spending money):

** Please note – international clients:

- before leaving home you must inform your bank that you are travelling to South Africa (so that you will be able to use your bank card here)
- card reader / random reader (for personal internet banking, if applicable)

Power plug adaptor (we have round 3-pin plug sockets in South Africa)

Camera

iPad, tablet & iPod: for music and reading (no SIM cards allowed – will be kept in a safe)

Recreational items: CD's, DVD's, reading material, music (at the discretion of counsellors)

Please note:

- Money, bank cards, wallets, passports & flight tickets are kept in an office safe and handed out at appropriate times.
- **Cell phones** are not permitted (not even for taking photographs) and will be kept in office safe for treatment duration.
- Bed linen and bathroom towels are provided by Bethesda. These items may not be taken outdoors or off the premises.

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