

## What will I need during my stay at Rhoserchan?

Many clients preparing to be admitted ask us for a list of things they will need during their stay.

Here are some things to bear in mind while packing:

- Walks in the surrounding hills and nearby beaches are arranged, so sturdy footwear and in winter, a weatherproof coat, are essential.
- Sports and yoga are also on the programme, so comfortable loose-fitting clothes and trainers are needed.
- We also do gardening. Boots, a coat and suitable clothing - stuff you don't mind getting muddy - are essential, as are your own towels.
- All electrical things e.g. hairdryers, tongs, shavers etc, will need to be safety tested (PAT testing regulations). We test them ourselves but be aware that you could be without them for a day or two.
- No mobile phones, personal music players or computer games are allowed during your stay. If you bring them with you they will be kept in safekeeping and given back to you when you leave.
- You are advised not to bring with you expensive items of jewellery or a large amount of money. If you must bring valuables with you, you can ask for them to be kept in safekeeping at Rhoserchan or in a bank.
- Transport is provided to the nearest bank/Post Office every Wednesday to withdraw money. Please ensure you have enough money to see you through to the Wednesday after your admission date.
- You will be able to buy tobacco, cigarettes, confectionary and basic toiletries at Rhoserchan. Please do not bring perfume, aftershave or snacks and drinks. These will be kept in safekeeping and given back to you when you leave.
- And if you can't wait 6 weeks for a haircut, get one before you come in.

We do have laundry facilities on site and detergent is provided.

We hope this answers some of your queries.

