

Clothing

- ☐ Jumpers
- ☐ Trousers
- ☐ Tops/T-shirts
- ☐ Evening wear
- ☐ Coats for winter/autumn
- ☐ Dressing gown
- ☐ Socks & underwear
- ☐ Slippers
- ☐ Two pairs of shoes
- ☐ Active wear
- ☐ Accessories (hats, scarves)

Electronics

- ☐ Radio
- ☐ Tablet
- ☐ Mobile phone & charger
- ☐ Laptop
- ☐ Headphones
- ☐ Extension cord
- ☐ DVD player
- ☐ TV with remotes
- ☐ Hearing aids

Notes

Personal care / hygiene

- ☐ Medicine
- ☐ Soap
- ☐ Shampoo & conditioner
- ☐ Make-up
- ☐ Perfume & deodrant
- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Denture & care items
- ☐ Body lotion & moisturisers
- ☐ Shaving equipment
- ☐ Hairbrush and/or comb
- ☐ Hair pins & clips
- ☐ Towels & flannels

Furniture

- ☐ Lounge chair
- ☐ Desk
- ☐ Wardrobe
- ☐ Chest of drawers
- ☐ Nightstand
- ☐ Lamp
- ☐ Bookshelf

Bedding

- ☐ Blankets
- ☐ Quilt
- ☐ Throw
- ☐ Small lap blanket
- ☐ Linen
- ☐ Pillows & pillowcases

Decor & personal items

- ☐ Paintings & photographs
- ☐ Ornaments
- ☐ Books & films
- ☐ Magazines
- ☐ Hobbies - puzzles, knitting
- ☐ Music - CDs, vinyls

Top tips

- ☐ Contact the care home before you start packing - there may be things you don't need to bring, e.g. linen and towels.
- ☐ If possible, visit the room before you move in to get a feel for how much space there is and to think about how to decorate it.
- ☐ Clothing for two weeks is recommended. Keep in mind they need to withstand frequent washing and drying.
- ☐ Label your items and clothing to avoid any mix-ups at the care home. This is particularly important for people with dementia as they may forget what belongs to them.
- ☐ Ask the care home for suggestions - they will be happy to help you to make sure you have everything you need.