

Littledale Hall Therapeutic Community
Join Us On A Journey

ADMISSION CHECKLIST

We appreciate moving into LHTC may be exciting and stressful. We hope this checklist will help you plan for your admission to the centre. We are looking forward to seeing you again and working with you.

Things you need to bring with you	
1 week's supply of any medication you are prescribed in the original package.	
All relevant paperwork (e.g. documents regarding court, debts, children, medical issues)	
National Insurance Number	
Post Office / Bank Cards (these will be kept in a locked cupboard in the staff office).	
Things you may like to bring (if you have them)	
Appropriate, comfortable and loose fitting clothing.	
Gym clothes	
Footwear (trainers, wellingtons or walking shoes)	
Toiletries	
Night clothes	
Outdoor coat	
Laptop or Tablet (please ensure you remove any files/images that depict drugs/alcohol/violence /sex).	
Mobile phone. These are stored in the staff office.	
Stereo, DVD player or radio (rooms are shared so you also need to have headphones).	
Appropriate DVDs and /or books	
Portable musical instrument	
Alarm clock	
Bicycle, helmet and bicycle lock	
Things you cannot bring with you	
Alcohol or drugs	
Candles or matches	
Animals (including fish)	
Sharp objects or weapons	
Computer games	
More than £100 cash	

Please contact LHTC Admissions if you have any questions about any aspect of your admission to the centre.