

Care home packing list

Clothing

- Jumpers
- Trousers/skirts/dresses
- 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 & deodorant
- 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

Decoration & 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.