

## Suggested packing list

Cash - £200.00		
List of medications		Pants – 10
List of names, phone numbers, addresses and their relationship to you x 3		Socks – 10 pairs
Books		Trousers, not black – 3
Writing paper		Tops, not black – 3
Stamped envelopes		Pyjamas – 3
Clear Bic type Pens - no springs		Jumpers, not black – 3
Small diary		Track suit bottoms, not black
Watch, not digital		Trainers, not black – 2 pairs
Battery clock, not digital		Fleece or coat, unlined, not padded, not black
Spare glasses		Hat, unlined, not black
See through toiletry bag		Gloves, unlined, not black
Shower shoes - crocs or similar		Gym shorts – 2
Toothbrush		Gym vests – 2
Nail clippers - may not be allowed		Dressing gown – no hood
Hairbrush/comb		Shower towel, not black – 2
Headphones		Face flannel – 2
Ear plugs – it's very noisy		Tea towel – 2

Family photos - none of children

Batteries in sealed packets – not rechargeable

Nothing with a USB port or internet capability

All clothes to be labelled as far as possible

Don't take in anything that is branded to any sports team or has national flags or logos.

For example, national team tops or team colours are likely to be confiscated. This is prison policy to prevent team rivalry or fights between supporters inside the nick.

Clothing – no black or white as could be used to impersonate a prison officer