



WHAT TO BRING

WE PROVIDE:

- We have an intense programme with lots of group work, body work (example, boot camp, Nature hikes, Yoga), Art therapy and a strong focus on individual therapy with a Psychologist.
- Our patients are introduced to the local NA and AA meetings in the area.
- Internet and Skype, to stay in touch with your family.
- On weekends our patients have the opportunity to go to the local mall, and we take them on outings to the top tourist sites around the Peninsula.
- Bedding and bath towels
- Laundry Service (on average ZAR 50 per week, if you choose to use the service)

WHAT TO BRING:

- Comfortable and warm clothing (as it is still late winter early spring)
- Walking shoes and/or track shoes
- Toiletries
- Pocket money (we provide a transport to the local mall on Saturday mornings for small necessities)
- Laundry service (on average ZAR 50 per week, if you chose to use the service)
- Optional Sunday outings (on average ZAR 300 every Sunday and will not exceed +- ZAR 450)
- Pocket money (The amount will vary from patient to patient dependent on your own financial state of affairs. On average each patient receives ZAR 600 per week)
- Full piece bathing costume, Sun Hat and Beach Towel (During summer: Sep-April)
- Sports Clothing
- Medication (if prescription medication is needed, enough for the full duration of your stay. A pharmacy is available for resupply)
- Hair dryer

WHAT NOT TO BRING:

- Camera
- Lap Top including ipad
- Music equipment including ipod
- No gym equipment
- No gambling games
- No Weapons