



MY HEALTHY MIND

Youth and Family Counselling

A: 1/12 Carrara Street,
Benowa QLD 4217

P: 1300 376 399

E: info@myhealthymind.com.au

W: www.troubledteens.com.au

The Youth Identity Program – What to pack

Below is what you need to bring.

- Black Cargo shorts / Pants
- Sleepwear
- Underwear
- Swimwear
- Enclosed Footwear (Joggers/ Runners for sports)
- Sleeping gear (sleeping bag, pillow etc...)
- Toiletries (soap, towel, toothbrush, hair products, hair brush, roll on deodorant)
- Medication (blister pack or webster pack)

There are facilities available for washing/ drying clothing,

Below are the items that need to stay home.

- No Snack Food
- No Razor / Shavers
- No Lighters / Matches
- No Aerosol Cans (including spray deodorants)
- No Mobile Devices