

Wright Aged Care: Packing List for Moving into Aged Care

Moving into aged care can be an emotional and significant transition. Packing thoughtfully can help ensure comfort, familiarity, and convenience. Below is a comprehensive packing list to help guide you:

Clothing (7 Days' Worth of Outfits)

When choosing clothing, consider care needs, mobility, and cognition. Opt for easy-fit, stretchy garments for comfort and avoid woollens, silk, or delicate fabrics that may not withstand a commercial washer and dryer. Suggested items include:

- Socks
- Underwear (if required)
- Footwear (including everyday shoes and slippers)
- Singlets
- Shirts or tops or t-shirts
- Track pants or stretchy trousers or shorts
- Jumper and coat
- Bras (if applicable)
- Pyjamas or other sleepwear

Toiletries

Basic toiletries are provided, but include any personal favourites or essentials:

- Electric shaver
- Makeup
- Perfume or cologne
- Favourite moisturiser
- Shampoo and conditioner

Bedroom Décor

Bring items that help personalise your room and make it feel like home:

- Ornaments
- Photographs
- Pictures
- Knee blankets
- Vase
- Favourite pillow

Personal Items

Pack items that reflect your interests, hobbies, and daily routine:

- Mobile phone and charger
- Radio or CD player
- Computer or tablet
- Hobby supplies (e.g., knitting, art supplies)
- Books or magazines
- Music or playlists (on CDs, USB, or streaming services)

By packing with care, your move to aged care can be a smoother and more comfortable experience. Prioritise items that bring you joy and make your new space feel like home.