Checklist

Perfectly prepared for your stay at the Thurklinik

Documents

- ◯ Health insurance card
- ◯ Emergency contact / declaration of consent / medical history / previous illnesses / list of medication (if you have not yet returned the documents by post)
- ◯ ID card or passport

Clothing

- ◯ Comfortable clothing (e.g. loose trousers, T-shirts, cosy jumpers)
- ◯ Slippers
- ◯ Pyjamas or nightdress
- ◯ Underwear
- ◯ Socks
- ◯ Dressing gown / tracksuit

Toiletries

- ◯ Toothbrush and toothpaste
- ◯ Hairbrush
- ◯ Soap / shower gel / shampoo
- ◯ Skin care products (e.g. cream, lip balm)
- ◯ Face cloths or sponges

Other items

- ◯ Reading material
- ◯ Crosswords, sudoku or other small games for entertainment
- ◯ Cash for the snack machine

Health

- ◯ Personal medication for the entire stay
- ◯ Anticoagulant card (if any)

Electronic devices

- ◯ Mobile phone and charger
- ◯ Headphones
- ◯ Power bank

