



DARA Thailand

DRUG & ALCOHOL REHAB ASIA

WHAT TO BRING

To ensure that your stay at DARA is comfortable, we suggest that you bring the following with you

- Light casual clothing, suitable for tropical weather (Laundry is done three times a week)
- One light jacket
- A hat
- Sunglasses
- Sun Cream
- Toiletries
- Trainers (Sports shoes)
- Flat shoes
- Flip Flops
- Swimwear
- Gym wear (This is for personal training sessions)
- Small rucksack for day trips
- Any medication that you are prescribed by a Doctor (Please note that it must be correctly labeled, and it is suggested that you bring additional supplies if possible)
- Travel Insurance – please make sure that you take up a suitable travel insurance to cover you, whilst on the trip.

The following items below are optional

- Laptop or Tablet – there is complimentary WIFI available around the centre
- Camera – please note there are restrictions of use
- Mobile Phone – please note there are restrictions of use
- Vitamin and Nutritional supplements – however we will only accept these if they are clearly labeled, and in sealed packets. Opened and non labeled will be confiscated.

The following items are strictly prohibited, but not extensive

- Weapons
- Alcohol or drugs
- Non Prescribed Medications
- Drug Paraphernalia
- Inappropriate logo clothing – i.e. promoting alcohol, drugs or unhealthy lifestyles.
- Mouthwash with Alcohol content

Please note that staff will search you and your belongings on admission into the centre and may confiscate items that are deemed inappropriate.

DARAREHAB.COM

International: +66 87 140 7788 • Australia: 1 800 990 523 • United Kingdom: 0 808 120 3633 • United States: 1 888 457 3518 • info@dararehab.com