

3. Toiletries

Grab all your favourite toiletries – shampoo, conditioner, body wash, soap, toothpaste, toothbrush, deodorant etc. Avoid alcohol-based mouthwashes, as they will be taken from you upon arrival. That being said, different centres have different rules regarding razors. Many centres will store the razor for you in the office and you can use it in the shower before promptly returning it. But don't let toiletries stress you out. You're not going to the moon - you're just going to rehab. If you forget an important item you can always purchase it from a local shop once you arrive.

4. Nice Clothes and Makeup

While you may not believe it now – you're going to start to feel a lot better soon. And when that happens, you'll enjoy putting on some clothes that make you feel good. You'll likely have several outings with the group, and you may want to wear clothes that boost your confidence and make you feel good. For the ladies, you may want to put on a bit of makeup. No need for a giant makeup case, but some foundation, blush and mascara might be all you need to take you from feeling 'drab' to 'fab'.

5. iPods, Books and Laptops

In other words – distractions. You're going to spend a lot of time dealing with your innermost demons and you'll really appreciate being able to listen to music or read a light-hearted book to unwind at the end of an emotionally gruelling day. Every rehab centre has different rules when it comes to these items, however, so it's best to check with your facility beforehand. In most cases, they will have to 'okay' the books you've chosen, and you may have your electronics taken away at first - but you'll get them back soon, when your counsellors know that you're ready to handle them and the possible triggers they may hold.

6. Money

Depending on where you're going, you may need to plan ahead with traveller's cheques or international banking plans. If you're staying local, make sure you have your bank card and some money in the bank. You're going to need it if you want to purchase things like additional toiletries, cigarettes, snacks, souvenirs or anything else you might fancy purchasing while you're there.

7. Something to Make you Smile

Whether it's your favourite journal, a picture of a loved one or a favourite blanket - bring something that makes you feel relaxed, secure, and gives you a will to succeed. Your stay at the rehab centre is not going to be easy, so bring what you need to comfort yourself. Just don't bring your great-grandmother's jewellery unless you're okay with the possibility of leaving the centre without it. Most rehab centres are very secure, but theft can still happen.

8. An Open Mind

It may sound cheesy, but it's incredibly important. Whether you have made your own choice to go to rehab, or someone has made it for you - coming to the centre with an open mind is the best thing that you can do. You're not expected to dive right in to the 'festivities' like a kid in summer camp, (if you do, that's great) but instead it's enough to just open your mind to the things and people around when you arrive. You'll be thrown into a group of people who are baring their souls for all to see, and it will be exhausting and sometimes terrifying. But it will also be amazing if you let it.

