

## **Packing Checklist for Attending the Scottish National Pain Management Programme**

**Accommodation:** Golden Jubilee Conference Hotel, Beardmore Street, Clydebank, Glasgow G81 4SA

**SNPMP:** Allander House, Gartnavel General Campus, 1055 Great Western Road, Glasgow G12 0XH

The following are suggestions of what may be helpful for your stay in the accommodation and attending the programme.

### **Accommodation**

- Toiletries
- Clothing
- Prescribed medication
- Phone charger
- Umbrella/Rain jacket
- Swimsuit and towel to use swimming facilities (optional)
- Clothing to use leisure gym facilities (optional)

### **Allander House**

- Comfortable loose fitting clothing
- Layers of clothing (building temperature fluctuates)
- Reading glasses/hearing aids & extra batteries (if needed)
- Water bottle (optional)
- Notepad (optional)

### **Extra options**

- Art/craft materials
- Musical instruments
- Snacks/food as extras