

Be Practical

Some things you might find useful

Covers for mattresses and duvets.

You may need help to put them on the bed.

Disposable or washable bed pads to soak up any wetness.

Disposable absorbent pants. Put them in the bed or sleeping bag and no-one will see you wriggle into them.

Waterproof sleeping bag liners that can be rolled up inside the sleeping bag. You could explain that they give you extra warmth.

Moist wipes and antibacterial spray to help you stay clean and prevent smells.

Plenty of changes of clothes and pyjamas.

An alarm clock to wake you up early, and a torch to help you find your way in the dark.

Daytime absorbent pants and extra pads.

Plenty of plastic bags to put soiled items in.

Remember if you are going abroad you may need to take disposable items, as they may not be available in another country.

Further help...

The ERIC Helpline can help you plan a trip away, so ask your Mum, Dad or Carer to ring 0117 960 3060 (Monday-Friday 10am-4pm), or email info@eric.org.uk or explore the ERIC websites - www.eric.org.uk (general site), or www.trusteric.org (for young people).



Things that help...

ERIC has a wide range of waterproof bedding protection, sleeping bag liners, bed pads and absorbent, washable daytime pants.

To order any of the above, or to request a catalogue, contact ERIC at the address below.



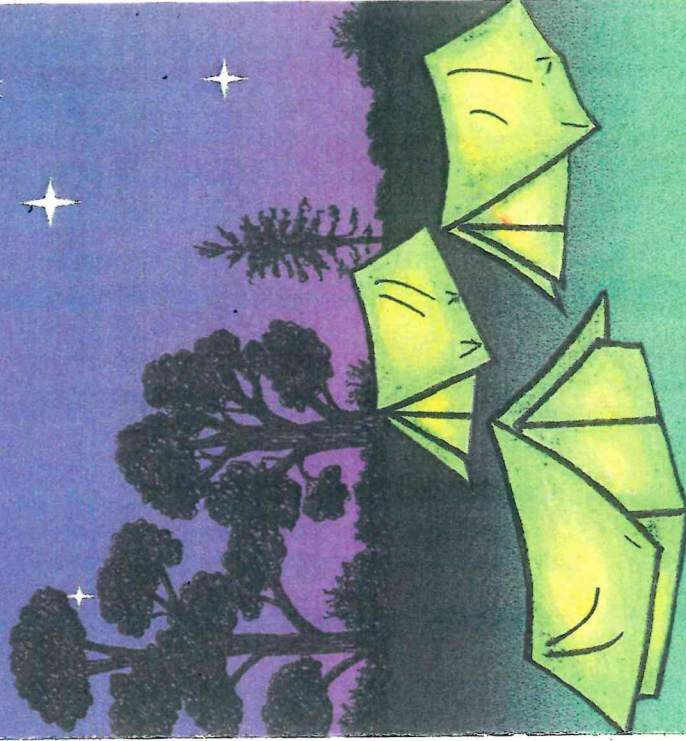
34 Old School House, Britannia Road, Kingswood
Bristol BS15 8DB

Tel: 0117 960 3060 Email: info@eric.org.uk
Visit the website at www.eric.org.uk

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Nights Away no worries



Plan ahead and you take control