

# HYDROTHERAPY WEEKEND CHECKLIST OF SUPPLIES

## FRIDAY NIGHT:

- \_\_\_\_\_ CLASS OUTLINE (READ ASSIGNMENT PRIOR TO CLASS)
- \_\_\_\_\_ CLASS SYLLABUS
- \_\_\_\_\_ NOTE TAKING MATERIALS
- \_\_\_\_\_ REQUIRED TEXTBOOK

After Friday night class and BEFORE Saturday morning:  
allow 2 hours for a bath practical experience.

## SATURDAY/SUNDAY

- \_\_\_\_\_ 1 SET OF SHEETS
- \_\_\_\_\_ BOLSTERS (OR PILLOWS)
- \_\_\_\_\_ 2 REGULAR SIZED TOWELS
- \_\_\_\_\_ 2 HAND-SIZED TOWELS
- \_\_\_\_\_ FACE CRADLE COVER
- \_\_\_\_\_ 1 PILLOW CASE
- \_\_\_\_\_ BLANKET
- \_\_\_\_\_ 1 INDOOR/OUTDOOR THERMOMETER
- \_\_\_\_\_ 1 ORAL THERMOMETER
- \_\_\_\_\_ 1 PAIR LOOSE-FITTING SOCKS
- \_\_\_\_\_ 1 LARGE SIZE GARBAGE BAG
- \_\_\_\_\_ 4 "PRODUCE" SIZE PLASTIC BAG

## **SPECIAL NOTE:**

This weekend is an INTENSIVE commitment for CORE class credit.  
Please plan to devote the entire weekend for this class.