

Inside Prep 1 — Facing the Fear - Understanding What's Ahead

INSIDE KNOWLEDGE | FREE SUPPORT RESOURCE | LOU MYX

This workbook is designed to accompany your first module. It will help demystify the prison experience, reduce anxiety, and prepare you emotionally and practically for Day One.

Checklist: What to Expect on Day One

You'll be taken to reception and asked to hand over all your belongings.

You'll be searched, possibly strip searched—this is more common if you're being held on a drugs-related offence.

They will issue you with prison clothes and starter items (soap, toothbrush, etc.).

You'll have your photo and fingerprints taken.

You'll likely see a nurse and a doctor for a basic health check.

You'll be assigned a wing and escorted to your cell—either shared or single.

Staff or a peer mentor may check in with you (depending on the prison).

You may be offered a meal or tea depending on time of day. If you turn it down, you will have to wait until the next scheduled meal.

It's okay to cry. You're not weak—you're human.

Additional Notes on Searches and Property

If you're being held for a drugs-related offence, you may be subject to a more thorough strip or intimate search. These are authorised by a senior officer and must follow strict procedures, including same-sex supervision and your informed consent. They are not automatic and are usually only carried out if there are reasonable grounds to suspect concealment.

Your possessions will typically be taken from you at the police station beneath the court, bagged, tagged, and sealed. They travel with you in the escort van (or 'meatwagon') and are handed over to the prison upon arrival, tracked via your Person Escort Record.

Personal experience and general support only. Prison rules, entitlements, procedures and available services vary and may change. Check current arrangements with the relevant prison or official guidance before relying on practical details.