

Inside Prep 2 — Packing, Prep & Practicalities

INSIDE KNOWLEDGE | FREE SUPPORT RESOURCE | LOU MYX

This workbook is designed to help you feel practically and emotionally ready for your time inside. From what to pack to how to handle life admin, this module is all about giving you confidence through preparation.

Checklist: Practical Prep Before You Go In

Pack essentials: glasses, plain underwear, basic toiletries (non-aerosol). Note: you won't be given toiletries when you arrive. If your sentence is short and you're likely to transfer to an open prison soon, take all your toiletries with you—they will be allowed there. If not, take nothing as they won't be permitted. Take five tops and five bottoms—nothing black or with hoods. Photos are not allowed in closed conditions, so leave them out.

Label everything you bring (if allowed).

Make a list of important phone numbers – you'll need to input them manually into the prison phone system.

Let your employer (if applicable) know about your sentence and return any work property.

Inform benefits agencies, banks, and utility companies if needed.

Make arrangements for rent, mortgage, pets, or childcare.

Consider writing a short letter to family or friends explaining what's happening.

Store important documents somewhere safe or with a trusted person.

Don't bring anything you can't afford to lose.

Take in at least £100 in cash if you can—it will help top up your phone credit and canteen during those vital first few weeks.

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.