

# Check List

Check List for Getting Ready	
Collect clothes, towel, toiletries	
Undress	
Turn taps on	
Regulate water temperature	
Wet body	
Wash face	
Wash upper body (right arm/ left arm/ right underarm/ left underarm/ chest/ stomach)	
Wash lower body (right upper leg/ right lower leg & foot/ left upper leg/ left lower leg and foot)	
Wash front groin area	
Wash bottom area	
Wash hair if required	
Apply shampoo, massage, rinse	
Apply conditioner, massage, rinse	
Dry yourself off	
Apply deodorant	
Comb Hair	
Clean Teeth	
Shave or Apply Make Up	
Put on underwear (underpants, bra, singlet)	
Dress upper body (t-shirt, jumper)	
Dress lower body (shorts, pants)	
Put on socks	
Put on shoes	

