

Final Preparations for Quit Day

Before your Quit Day, make sure you complete the items on this list.

- Have your quit-smoking medication ready if you are using one. If you need to get a prescription filled, do that now. If you need to adjust your Quit Day to have enough time, do that too.

- Stock up on alternatives for tobacco (e.g., gum, snacks, straws).

- Before you go to bed the night before Quit Day, get rid of all the tobacco products, ashtrays, lighters and matches in your home.

- Look for cigarettes or other tobacco products in clothes pockets, cupboards and the car. Get rid of them.

- If you need to do anything to have your Quit Day reward ready, do that too.