



Checklist: Absolute must-haves for your own dungeon

This checklist serves as a practical guide for setting up a private or professional dungeon, with a focus on safety, hygiene, care and responsibility.

1. Emergency & Safety

- Panic hooks, directly accessible in multiple locations
- Medical safety scissors
- First aid kit with basic supplies
- Agreed safeword and non-verbal emergency signal
- Lighting that can be switched on immediately

2. Hygiene & Health

- Disinfectant spray or alcohol wipes
- Disposable gloves
- Cleaning supplies for furniture and surfaces
- Washable sheets or covers
- Trash bags for used materials

3. Aftercare kit (for submissive and Dominant)

- Blankets or bathrobe
- Water or sports drink
- Sugary snacks
- Soothing lotion or oil
- Quiet recovery space

4. Furniture (foundation of your setup)

- Sturdy furniture with attachment points
- St. Andrew's Cross or bondage bench
- Dungeon cage
- Ceiling or wall-mounted hooks
- Non-slip flooring

5. Restraints & Toys

- Quick-release cuffs
- Bondage rope suited to experience level
- Collar and leash
- Impact toys with anatomical knowledge
- Sensory toys

6. Other essentials & comfort

- Drinking water available
- Climate control and ventilation
- Privacy and sound control

- Equipment maintenance
- After-session check-in

A responsible dungeon is defined by preparation, not by intensity.

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