

# Packing list

## INPATIENT ADDICTION TREATMENT

Thank you for choosing us to help support your path to recovery. We look forward to seeing you.

Please follow these guidelines to ensure everyone's safety and well-being. We'll inspect your bags for prohibited items during the admissions process. The hospital makes therapeutic decisions about which items are allowed as needed.

Prohibited items will be sent home or held on-site until discharge and will not be accessible during treatment.

**NOTE:** Any items from the list below that you choose to bring must be able to all fit into one carry-on sized suitcase, duffle, or other style bag (22in x 14in x 9in); an additional small personal sized bag will also be allowed if needed (approximately the size of a medium purse, small cinch sack, or small gym duffle)

## What to pack

### Clothing

Please only pack enough clothing for 4-7 days. Bring clothing that's appropriate for the weather. You'll have access to laundry facilities, and detergent is provided.

The following clothing is prohibited:

- Tube tops, halter tops, tank tops, low-cut tops and muscle shirts.
- Clothing that advertises or promotes drug, alcohol or tobacco use, bars or gambling or has sexual or gang connotations or promotes violence.
- Clothing that's torn, ripped, see-through or has holes that expose private body parts.
- Shorts need to be at least mid-thigh.

**Personal hygiene items are provided to you by the hospital.**

You can bring up to four cosmetic items. Any prohibited personal care products will be held until discharge and will not be accessible during treatment.

**Allowed Items:**

- contact solution and its case (new sealed bottle of solution/case)
- reading glasses
- hearing aids
- other medical devices
- feminine hygiene products (Tampons and pads must be new and sealed)
- up to four personal care items, including cosmetics

**Miscellaneous**

- Books are allowed, but please limit the quantity and be conscious of the topic and content. We also have a large library of books.
- Personal journals, bibles or other faith texts are allowed in addition to leisure books.
- Art supplies, such as coloring books, markers, gel pens, etc., are generally allowed, but the quantity is limited. The unit also has arts and crafts supplies to choose from.
- Heated hair styling devices may be allowed on a case-by-case basis.

**What we provide you:**

- towels and washcloths
- laundry detergent
- sheets and bedding – do NOT bring your own pillows or blankets (you may be able to bring your own if needed for medical purposes upon evaluation).
- tissues
- toilet paper
- hand soap, hygiene products (shampoo, conditioner, etc.)
- games, movies, books, art supplies
- a telephone

**Do not bring:**

- weapons
- illegal drugs, paraphernalia or products containing alcohol or THC
- electronics, including computers, smart watches, cell phones, Kindles or NOOK Books
- devices that have photo or video recording features, including but not limited to cameras and laptops
- gambling games
- items with sexually suggestive content or photos
- aerosol cans (dry shampoo, hairspray, body spray, etc.)
- fragrance sprays (perfume and cologne)
- extension cords or power strips
- candles
- lighters
- personal DVDs
- essential oils or powders
- expensive jewelry, accessories or clothing
- tobacco including e-cigs
- cameras

**Snacks**

Don't bring any food or beverages. All of your nutritional needs will be supplied by the hospital.

**Medications and supplements**

Please bring an updated list of your current medications. We'll provide your medications during your stay.