

## Suggested Packing List

- ID, photo ID preferred, and all insurance cards
- Prescribed medications, in the original, prescription bottle
- Clothing
  - 7-10 days of comfortable clothing fitting in one carry-on size bag
  - Three total pairs of shoes
  - One winter jacket (weather permitting)
  - No hats or sunglasses
- Hygiene (Alcohol free)
  - Shampoo, conditioner, body wash, deodorant.
    - No more than one full size bottle of each of these
  - No feminine hygiene products (menstrual pads will be provided, tampons are available for purchase)
  - No Q-tips, Cotton swabs, or Cotton balls.
  - No glass or mirrors- including makeup compacts
- Money for vending/gift shop- card or cash depending on location
- Tobacco
  - Unopened packs of cigarettes/chewing tobacco
  - No loose tobacco, vapes, lighters
- Entertainment
  - Small radio, non-wifi and non-camera capability MP3 player/handheld music device
  - Wired headphones only
  - 2-3 books total- appropriate content reading, puzzle, or coloring books; no magazines
- No pillows, bedding, stuffed animals, blankets/throws, or towels/washcloths.
- Laundry
  - Washers/dryers are free to use, detergent is provided
  - No dryer sheets.

Any questions related to packing, please contact the Clinical Admissions Department at 800-472-1177 x2444