



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
 - Abe's and Washington are cashless- cards are preferred, all money will be placed on a Patient Access Card
 - Should not bring more than \$250
- 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