



WHAT TO BRING

Here is a list of items that we recommend you bring to make your stay as comfortable as possible:

- Comfortable wash-and-wear clothing for 5-7 days
- Comfortable shoes. We recommend tennis shoes, open style shoes, such as sandals, for summer, and warm slippers for winter
- Workout and gym clothing
- Appropriate nightwear
- Seasonal outerwear: Light jacket/sweatshirt for summer or sweaters/jackets for fall-spring
- Summer clothing: t-shirts, walking shorts, sunglasses, hat, sunscreen SPF15 or higher
- Toiletries: toothbrush, toothpaste, deodorant, shaving supplies, haircare products, hair dryer, lotion, body wash, non-alcohol mouthwash
- Prescription medications, if applicable
- Cash or credit card for co-pays and prescription medications
- Driver's license, medical insurance card AND prescription card (if different from insurance card)
- If you smoke, you are allowed to bring cigarettes to last 30 days





O @9L 'F GL 'LG : J Æ ?

We are dedicated to creating a safe, respectful and nurturing environment for all patients and staff, and this is a commitment we ask all of our patients to embrace. For this reason, we would be grateful if you could avoid bringing certain items with you. We reserve the right to confiscate any items on the list below and return them to you upon discharge.

Please avoid bringing the following items:

- Items of an offensive or sexual nature
- Weapons of any kind (including pocket and utility knives)
- Products that contain alcohol, including mouthwash or NyQuil)
- Inappropriate clothing, such as clothes with offensive phrases, which promote drugs or alcohol or which are excessively revealing or tight-fitting
- Over-the-counter medication
- Caffeine products, weight loss pills, or energy pills
- Nail polish, nail polish remover, or nail glue
- Jewelry or items that are over \$300 in value





ITEMS YOU MIGHT WANT TO BRING

You are free to bring other items with you as shown in the list below. However, items that have a high monetary value or which are of a sensitive nature will be kept in a secure area and given to you when you need them at appropriate times in your schedule. We will give all items back when you are discharged.

Optional items you may bring include:

- Cash
- Credit and bank/debit card
- Checkbook and other forms of payment/currency
- Passport
- Cellphone/smartphone
- Laptop
- Any other permitted personal items exceeding \$100 in value

