

Service Member and Veteran Packing List

Our top priority is safety for everyone getting care, or working, in the hospital. In order to assure a safe, therapeutic environment for everyone, please see the list of items below that are permissible in the program, items that are not allowed and others that require staff oversight. Thank you for your support in adhering to this list so that a healing environment can be maintained.

PLEASE BRING:

- 6-7 Days worth of civilian clothes (Belts, if brought, are permitted only during off-campus outing)
- Jacket or sweater (unit can be cold at times and no strings)
- Basic Hygiene supplies (alcohol free and no mirrors/glass)
- Limited cash /credit card
- MP3 player (while smart phones may play music we recommend bringing a music player that does not have wifi or sms capabilities)
- List of important phone numbers
- MD/Case Mgr/Therapist contact info
- Sports bras or bras with no underwire
- Slip on shoes without laces for the unit. Running shoes for PT will be kept in the fitness room if they have laces.
- PT Gear (civilian or military)
- Shower shoes (they must have the strap built in as a part of the shoe-if the strap can be pulled out of the shoe, it will not be permitted)
- House slippers
- Your own bedding if you prefer, but it is provided
- Tobacco (if used – enough for length of stay and must be sealed packs or containers upon admission)
- Any medications currently taking
- Medical equipment (e.g. CPAP, walkers, hearing aids, eye glasses)

PLEASE DO NOT BRING:

- Items in glass containers (perfume, cologne)
- Weapons (includes Gerbers, knives, guns and ammunition)
- Batteries
- Cleaning fluids
- Clothing w/stings, drawstrings
- Inappropriate clothing (revealing or referencing drugs or alcohol)
- Expensive Jewelry
- Electronic devices other than cell phones, or MP3/iPod players (which are used only at very specific times)
- Corded headphones
- Water bottles
- Loofahs
- Cd's, DVDs, Blu-Rays
- Guitar, guitar strings (unless approved prior to admission by Administration)
- Keys / Key chains
- Necklaces or Dog Tags
- Aerosol cans/sprays
- Lighters, matches
- Hangers
- Scissors
- Safety pins/needles/push pins/tacks
- Steel-toed shoes
- Heeled shoes
- Shoe laces
- Mirrors/compacts
- Any product containing alcohol (including mouthwash and hand sanitizer)
- Dental Floss
- Sharp pointed nail files
- Razors / blades of any kind
- Spiral notebooks
- Permanent or dry-erase markers
- White-Out / liquid paper, paperclips
- Aluminum cans
- Outside food or drink

The following items may be used with direct staff supervision and must be kept in secure storage when not in use:

1. Hairstyling equipment with electrical cord.
2. Tweezers / nail clippers – may not be shared with others for infection control reasons.
3. Electric razors (Disposable razors may be used depending on your assigned level of care.)