



## Residential Packing Checklist

### WHAT TO BRING:

- 7-10 day supply of clothing: All clothing must be modest and appropriate
- Personnel toiletries such as soap, shampoo, deodorant, toothpaste, toothbrush
  - Hair dryers, curling irons, flat irons and electronic razors (*please note these items will be stored by the residential staff when not in use*)
- 2-3 pairs of shoes: Comfortable, walking shoes
- Cell phone, laptop, other electronic device
  - Access to electronics is given after the 10 day rest period
  - Following the 10 day rest period, electronics can be used within designated timeframes
- Eye glasses, hearing aids
- Decorative items for room
  - Please note, nothing can be attached to the wall and glass items cannot be placed in the room.
- Money not exceeding \$50.00
- Water bottle
- Backpack and/or tote to carry during the day
- Books appropriate for recovery
- Prescribed Medications
- All over the counter (OTC) medications taken regularly e.g. vitamins, pain relief medications, supplements etc...All medication need to be stored in the pill bottle. We are unable to utilize pill boxes.**
  - All medications (prescribed and over the counter) will be reviewed with the psychiatrist upon admission.
- If you are a smoker, we encourage you to bring some type of smoking cessation product e.g. nicotine patch or nicotine gum.

### HOPEWAY WILL PROVIDE:

- ✓ Linens: sheets, blanket, towels
- ✓ Laundry detergent
- ✓ Toilet paper
- ✓ Hand soap
- ✓ Notebook and pencil
- ✓ Clothes hangers

### ITEMS TO REMAIN AT HOME:

- ✓ Weapons
- ✓ Alcohol or alcohol-containing products, illegal substances, and tobacco products
- ✓ Lighters or matches
- ✓ Revealing clothing
- ✓ Valuables, including jewelry
- ✓ Pets
- ✓ Outside food