



## PACKING LIST

Our top priority is safety for everyone receiving 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.

**MEDICATIONS:** The Arctic Recovery is equipped with an internal pharmacy. Please bring any prescription or over the counter medications.

### PLEASE BRING:

---

- |   |  |
|---|--|
| <input type="checkbox"/> 6-7 Day's worth of civilian clothes                        | <input type="checkbox"/> Slip on shoes without laces for the unit. Running shoes for PT will be kept in the fitness room if they have laces. |
| <input type="checkbox"/> Jacket or sweater (unit can be cold at times)              | <input type="checkbox"/> PT Gear   |
| <input type="checkbox"/> Basic Hygiene supplies (alcohol free and no mirrors/glass) | <input type="checkbox"/> Flip-Flops, shower shoes  |
| <input type="checkbox"/> Limited cash /credit card                                  | <input type="checkbox"/> House slippers  |
| <input type="checkbox"/> MP3 player (no recording device)                           | <input type="checkbox"/> Your own bedding if you prefer, but it is provided  |
| <input type="checkbox"/> List of important phone numbers                            | <input type="checkbox"/> Tobacco (if used – enough for length of stay and must be in sealed packs and/or containers upon admission)          |
| <input type="checkbox"/> MD/Case Mgr/Therapist contact info                         | <input type="checkbox"/> All medications currently taking  |
| <input type="checkbox"/> Sports bras or bras with <u>no underwire</u>               | <input type="checkbox"/> Medical equipment (e.g. CPAP, walkers, hearing aids, eye glasses)   |

### PLEASE DO NOT BRING:

---

- |   |  |
|---|--|
| <input type="checkbox"/> Items in glass containers (perfume, cologne)   | <input type="checkbox"/> Aerosol cans/sprays   |
| <input type="checkbox"/> Weapons (includes Gerbers, knives, guns and ammunition)  | <input type="checkbox"/> Lighters, matches   |
| <input type="checkbox"/> Batteries  | <input type="checkbox"/> Hangers   |
| <input type="checkbox"/> Belts/suspenders   | <input type="checkbox"/> Scissors  |
| <input type="checkbox"/> Cleaning fluids  | <input type="checkbox"/> Safety pins/needles/push pins/tacks                                     |
| <input type="checkbox"/> Clothing w/stings, drawstrings   | <input type="checkbox"/> Steel-toed shoes  |
| <input type="checkbox"/> Inappropriate clothing (revealing or referencing drugs or alcohol)   | <input type="checkbox"/> Heeled shoes  |
| <input type="checkbox"/> Keepsake items   | <input type="checkbox"/> Shoe laces  |
| <input type="checkbox"/> Expensive Jewelry  | <input type="checkbox"/> Mirrors/compacts  |
| <input type="checkbox"/> Electronic devices with cameras are not permitted on the unit (cell phones, computers, MP3/iPod players, etc.) | <input type="checkbox"/> Any product containing alcohol (including mouthwash and hand sanitizer) |
| <input type="checkbox"/> Compact discs: DVD's, movies   | <input type="checkbox"/> Toiletries  |
| <input type="checkbox"/> Guitar, guitar strings   | <input type="checkbox"/> Dental Floss  |
| <input type="checkbox"/> Keys / Key chains  | <input type="checkbox"/> Sharp pointed nail files  |
| <input type="checkbox"/> Necklaces or Dog Tags  | <input type="checkbox"/> Razors / blades of any kind   |
| <input type="checkbox"/> Outside food or drink  | <input type="checkbox"/> Spiral notebooks  |
|   | <input type="checkbox"/> Permanent or dry-erase markers  |
|   | <input type="checkbox"/> White-Out / liquid paper, paperclips                                    |
|   | <input type="checkbox"/> Aluminum cans   |
- 

**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.