

## packing list

We want each of our clients to be as comfortable as possible during their recovery process.

The following is a guideline of things you may need to bring for your stay:

*Note: Please be aware that some of the items listed below may be kept in the self-care closet for safety purposes. Disallowed items will be kept secured and returned upon discharge.*

### Items it is very important to bring:

- A list of all physicians and therapists you have worked with in the past five years
- A list of all prescribed medications you are currently taking
- A list of medications you have previously taken
- Any medical records you are able to obtain
- A bag containing all of the medications you are currently taking (in pharmacy dispensing bottles, not in day containers), including over-the-counter medications, vitamins, supplements or other remedies. Brookhaven Retreat cannot accept any type of medication in a sample pack or bottle.
- Your medical insurance card for your prescription medications
- A drivers license or photo ID

### Items you should NOT bring:

- Anything breakable
- Sharp objects that could be dangerous
- Products with alcohol-based ingredients (e.g. Listerine)
- Valuable jewelry
- Portable Computing Device (laptop, netbook, iPad, e-reader, etc.)
- Curling irons or flat irons

### Items you should consider bringing:

- Comfortable clothing - we recommend you bring a limited supply of clothing; laundry facilities are available
- Robe, nightgowns, pajamas, slippers, sweatshirt, jacket
- Comfortable shoes & socks/stockings
- Purse or wallet
- Wrist watch
- Hat/visor, sunglasses
- A favorite blanket and pillow.
- A warm jacket for working with the horses (some like to bring gloves)
- Toiletries (Veet, deodorant stick, body lotion, face cream, powder, make up) - additional supplies can be obtained from nearby retailers such as Wal-Mart and Target, which are a short trip away
- Hair accessories (dryer, hair spray, shampoo, conditioner, etc.) - no curling/flat irons
- Pump products (versus aerosols)
- Toothbrush and toothpaste
- Nail clippers, tweezers, nail file
- Electric razor
- An iPod for relaxing music (iPod Shuffles only)
- Fan
- Alarm clock
- Photos of those who are important to you
- Up to \$200 in cash
- A credit or debit card for any purchases you may need
- Swim suit if you like to swim
- Gym gear and tennis shoes if you like to work out
- A favorite book. Some people like to bring a bible.
- Address book with your contact addresses and phone numbers