

SUGGESTED PACKING LIST

- 1 week supply of clothing, including, but not limited to: jacket, tops, bottoms, socks, undergarments, pajamas, and gym clothing.
- 2 pairs of shoes, including 1 pair of athletic shoes
- Hygiene Supplies (examples: shampoo, soap, toothpaste, tooth brush, brush/comb, alcohol-free mouthwash, non-aerosol hair products, deodorant, feminine hygiene supplies, razor, make-up)
- Cell Phone/Tablet/Laptop (PLEASE KEEP IN MIND THESE ARE CHECKOUT ITEMS)
- AA Big Book/ 12 x 12 book (if you already own)
- Headphones (not-required)
- List of all prescription medications
- Small amount of money (Not required, however patients travel to hospital coffee shop around 2x per week and have an opportunity to buy drinks and small food items.)
- Insurance Card/Personal ID
- Personal Medical Equipment (examples: CPAP, walker, cane)
- **Nicotine products** must arrive on admission FACTORY-SEALED (cigarettes, e-cigarettes, chewing tobacco, and paraphernalia such as cartridges and oils). Please keep in mind these items are only accessed at off-site AA meetings. Patients must be medically cleared to travel off-site. Kootenai Health is a tobacco-free hospital and no smoking is allowed anywhere on hospital premises.
- **Outside foods** are allowed with the following guidelines:
 - All food must arrive unopened at factory sealed upon admission.
 - All food must be non-perishable, meaning it requires no refrigeration.
 - No glass containers or cans are permitted.
 - Food must fit inside 12x18 container.
 - If there is a serious food allergy, food restrictions may occur.
 - Food brought in is subject to clinical discretion, staff has the right to restrict or confiscate foods.

ITEMS NOT ALLOWED

- Any mood altering chemicals, alcohol, or drugs
- Anything that can be used as a weapon (pocket knives, etc.)
- Any glass items, including glass picture frames or flower vases
- Clothing, jewelry, posters, etc. which promote drugs, violence, nudity, etc.
- Mouthwash, cold syrups, or any products containing alcohol
- Aerosol products of any type, including hairspray and mousse
- Perfume, body spray, cologne, scented lotion, etc.
- Incense or essential oils
- Personal literature that is depicting violence, sexual content, drug culture, etc.

This list includes most items considered contraband. Our program reserves the right to confiscate other items deemed harmful to recovery. All items deemed inappropriate will be returned upon discharge.