

### SUGGESTED PACKING LIST - 5/2021

- 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) Please limit make up and hygiene to 1 item per category\_(ie. 1 foundation, 1 mascara, etc) Excessive amounts of make-up will be stored and returned to patient upon discharge.
- Cell Phone/Tablet/Laptop (PLEASE KEEP IN MIND THESE ARE CHECKOUT ITEMS)
- AA Big Book and/or 12 Steps & 12 Traditions book (if you already own them)
- Headphones (not required, but suggested to have privacy during phone calls or video chats)
- List of all prescription medications
- Small amount of money (not required, however patients travel to the coffee shop around 2x per week and have an opportunity to buy drinks)
- Insurance card/personal ID
- Personal medical equipment (examples: CPAP, walker, cane, oxygen compressor)
- **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 off-site. 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.

### 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 as the primary ingredient
- Aerosol products of any type, including hairspray and mousse
- Perfume, body spray & cologne
- 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.**