



Packing Checklist

WHAT TO BRING

Here is a list of personal items we recommend that you bring with you:

- Enough comfortable wash-and-wear clothing for 5 to 7 days
- Exercise clothing
- Comfortable shoes: you may want to include sandal-type shoes for summer or warm slippers for winter
- Appropriate sleepwear
- Sweaters/jackets for fall-spring or light jacket/sweatshirt for summer
- Summer wear: walking shorts, T-shirts, hat, sunglasses, sunscreen SPF 15 or higher
- Toiletries: toothbrush, toothpaste, hair products, deodorant, hair dryer, body wash, lotion, shaving supplies, non-alcohol mouthwash
- Prescribed medications, if applicable (and a credit card or cash for co-pays/prescriptions)
- Driver's license, insurance card AND prescription card (if different from medical insurance card)
- If you smoke, you can bring enough cigarettes for 30 days
- Bring any hobby items (knitting, sketchbooks, etc.)

WHAT NOT TO BRING

Please avoid bringing any items of an offensive or sexual nature, as well as any products containing alcohol. These items will be confiscated upon admission, albeit issued back to you upon discharge.

Inappropriate items to avoid bringing to Harmony Place include:

- Inappropriate clothing: any clothes that promote drugs or alcohol, anything with an offensive phrase, and any excessively tight-fitting or revealing clothing
- Items of any kind that include alcohol (such as mouthwash or NyQuil)
- Over-the-counter medication
- Weight loss pills, energy pills, or caffeine products
- Nail polish, nail polish remover, or glue
- Jewelry or similar items that exceed \$300 in value
- Weapons of any kind (including utility and pocket knives)
- Any other items that may be offensive or sexually suggestive

OPTIONAL ITEMS

You also have the option to bring items that are sensitive or of high monetary value, but make note that we will keep these in a secure area and only allow access at your request – at appropriate times. All items will be issued back to you upon discharge.

Optional sensitive and high-dollar items you may bring include:

- Cash
- Credit and bank/debit card
- Checkbook and other forms of payment/currency
- Passport
- Laptop
- Cellphone/smartphone
- Any other personal items exceeding \$100 in value

If you have any questions about any other items, contact us at: **1 (800) 301-3753**