



## Residential Packing Checklist

### Appropriate Items to Bring:

#### Clothing:

- 7-10 day supply of clothing: Please note, there is limited amount of closet and armoire space. Over packing may result in clothes being sent back with a loved one. All clothing must be modest and appropriate.
- 2-3 pairs of shoes: Comfortable, walking shoes

#### Toiletries:

- Soap, shampoo, deodorant, toothpaste, toothbrush
- Hair dryers, curling irons, flat irons and battery operated electric razors (*please note these items will be stored by the residential staff when not in use*)

#### Electronics:

- Cell phone, laptop, MP3 player, Kindle

#### Medications:

- Current prescribed medication in the original pharmacy labeled pill bottle
- All over the counter medications taken regularly e.g. vitamins, pain relief medications, supplements (*Please note, we are unable to accept medications that are not in the original pill bottle. Pill boxes cannot be utilized.*)

#### Miscellaneous:

- Eye glasses, hearing aids
- Water bottle
- Battery operated electric razor
- Books appropriate for recovery
- If you are a smoker, we encourage you to bring some type of smoking cessation product e.g. nicotine patch or nicotine gum.
- Photos for your room are permitted but please do not bring glass picture frames. Please note items cannot be attached to the wall.

#### HopeWay will provide the following:

- Bedding, blanket, pillow, towels
- Tide laundry detergent
- Toilet paper
- Hand soap
- Clothes hangers/armoire

#### Items to remain at home:

- Cigarettes, vape pen, or electronic cigarettes
- Lighters or matches
- Alcohol, illegal substances
- Any non-electric razors
- Valuables, including jewelry
- Outside food
- Video game consoles and controllers
- Glass of any kind
- Comforters, blankets, pillows and stuffed animals

\*Please contact your Admission Specialist if you have questions about bringing items not listed.