



What to Bring: Adult Inpatient Program

Please remember to bring a copy of your Advance Directive (if you have one), your insurance card, a photo ID, co-pays and deductibles if applicable, and the contact information for your psychiatrist, therapist and/or pain physician.

| Approved | Not Approved |
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| <ul style="list-style-type: none"> • Casual clothing (without strings) <ul style="list-style-type: none"> • jeans and sweatpants • Limited toiletries: <ul style="list-style-type: none"> • Manual toothbrush • New unopened non-aerosol alcohol free hairspray • New, sealed deodorant (non-aerosol) • Make-up in original plastic bottles • New, unopened alcohol-free mouthwash or breath spray • New, unused shaving cream • Cordless electric razors and hair trimmers • Sealed alcohol-free make-up removal pads • Sleeveless shirts/tank tops (to be worn under other cover ups) • Winter hats for outdoor use • New unopened packages of cigarettes • Maximum of 2 magazines and/or books without spirals (with appropriate content as approved by nursing staff) • Maximum \$30 may be held by the patient (patient responsibility) • Jewelry: Wedding band and watch permitted • *Please bring ONLY 1 “carry-on” size piece of luggage for your inpatient stay. All items will be moved into a Silver Hill tote bag and any excess will be stored in Admissions and returned at discharge.* | <ul style="list-style-type: none"> • Drawstrings or revealing clothing (short-skirts and short-shorts, open-toe shoes, high heeled shoes, hats, sneakers or shoes with laces), clothing with inappropriate imagery or advertisements (at staff discretion) • Leggings, stockings, or yoga pants • Belts, scarves, or shoelaces • Toiletries: shampoo, conditioner, soap, toothpaste, sanitary pads/tampons and razors (we will provide these items) • New, unopened alcohol-free water-based perfume or cologne in original plastic bottle • Hair dryers, dental floss, cotton balls, q-tips, make-up removal pads, hand sanitizers, curling irons, razors, tweezers, nail polish or polish remover (cordless hair dryers and grooming items will be provided) • Outside food, beverages, candy or gum • Videos, DVDs, CDs, musical instruments, portable video games, electronic book readers, cell phones, PDAs, laptops, computers, pagers, Blackberrys, paintbrushes/paint • Pillows, blankets, comforters, or stuffed animals • Lighters, electronic cigarettes, chewing tobacco, cigars, or pipes • All other jewelry • Body piercings are permitted only at staff discretion |

Silver Hill Hospital

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