

MISSION RESILIENCY

LAUREL RIDGE TREATMENT CENTER

PACKING LIST



PLAN TO BRING THE FOLLOWING ITEMS:

- Slip-on shoes without laces for on the unit
- May bring exercise shoes with laces (shoes can be checked out and back in for PT time)
- 5-7 changes of casual clothing
- Jacket or sweater (without strings)
- Over-the ear wireless headphones. (cords are not allowed).
- Headphones will be charged behind the nurses station
- Basic hygiene supplies
- List of Medications & Medication Bottles with RX on them
- Please bring your Inhalers
- Debit card/money for store runs, vending machines
- If you are a smoker, cigarettes to last length of stay
- Cell phones can be brought but will remain in the nurses station until designated phone time. (Cell phones are *NOT* allowed in the units other than the scheduled times.)
- May bring razors or razor blades for shaving. Items will remain in the nurses station and are to be used only under direct staff supervision
- Toiletry products are provided as needed
- **CPAP machines and tubing**



PLEASE DO NOT BRING:

- Batteries
- Belts/suspenders
- CDs, DVDs
- Clothing with strings or ties of any kind
- Electronics of any kind: computers, mp3 players (cords are not allowed in the units)
- Smart Watches (if brought must be locked in the safe until discharge)
- Lighters
- Mirrors
- Spray cans
- Weapons of any kind
- Any items that may distract from or disrupt treatment may be placed in storage if brought to campus