

### **Accanto Residential and Inpatient Packing List**

***Accanto Health is committed to promoting an inclusive culture that embraces and nurtures our patients. For culturally relevant items not listed below please ask your admissions coordinator!***

To provide a safe and comfortable environment for all residents, Accanto Health (Veritas Collaborative and The Emily Program) requires that clients limit personal belongings to the items listed below. Staff will search all belongings upon admission and items not adhering to these guidelines may be sent home or stored on site. If you have questions about this list, please contact your admissions coordinator.

Please refer to the client handbook for general guidance around prohibited and permitted items. This list is intended as a guide and is not intended to be comprehensive.

#### **How to Pack**

Pack all personal belongings in clear plastic bins with firmly fitting lids or plastic bags firmly knotted or secured with twist ties. Exceptions for suitcases, duffels, and backpacks will be made for clients traveling to the site via air travel or public transportation. Toiletries and cosmetics must be packed in clear plastic bags. As a part of our pest prevention protocol all fabric items (e.g. clothing, small blanket, 'lovie', etc.) will be heat treated upon admission so please pack with this in mind.

#### **Clothing:**

- Dresses: limit to 5
- Outerwear/Jacket: limited to 1 appropriate for the season (*For outdoor use only, pockets are acceptable – not to be worn in facility*)
- Leggings: limit to 8
- Pajamas: limited to 5 sets – 5 tops, 5 bottoms
- Pants: limited to 5 pairs (*appropriate items: jeans, sweatpants, casual*). We encourage pants that allow for movement (e.g., sweatpants, joggers)
- Shirts: limited to 10
- Shorts: limited to 8 pairs
- Sweaters/Sweatshirts: limited to 8
- Undergarments: limited to 10 each (*underwear, bras, pairs of socks*)

- Bathrobe

### **Footwear:**

- Maximum 3 pairs – must be closed-toe shoes and completely cover the heel.
  - *Boots, heels, wedges, high top sneakers, slipper socks, open back and slippers are not permitted in our facility.*
  - *1 pair of flip flops or shower shoes are permitted ONLY for shower use in addition to the three pairs of shoes for everyday use.*

### **Personal Hygiene:**

Quantity limited to 1 each. No products containing alcohol are approved to be on the unit. No aerosol items permitted. *If you have facial creams, or makeup such as foundation in a glass bottle, we recommend transferring it into a plastic travel container prior to admission. Glass bottles will not be permitted.*

### **All hygiene items must fit in 1 hygiene bin or clear plastic bag.**

- Body soap or one bottle body wash
- Deodorant (*no aerosols*)
- Electric razors (*Blades must be concealed. Razors with exposed blades will not be approved.*)
- Eyeglasses/case/contacts
- Facial products (*moisturizer, soaps, cleanser*)
- Feminine hygiene products (*pads, tampons*)
- Floss Picks
- Hair Dryer
- Hair tie products (2 – 3)
- Hairbrush/comb/pick
- Lip product (*ChapStick, lip balm*)
- Make up (*plastic container only and no mirrors or glass*)
- Make up brushes (*limit 5*)
- Q-Tips (*travel size only*)
- Retainer/retainer case
- Shampoo/conditioner/dry shampoo
- Shower caddy (*optional for bathroom supplies*)
- Toothbrush/toothpaste, alcohol free mouthwash

### **Miscellaneous items:**

- Books/journals/sketchbook

- A small blanket or “lovie”
- Contact list of friends and family
- Cell phone/smartphone
- Jewelry (3 pieces total)- 1 ring without gemstones. 1 simple necklace, and 1 pair of stud earrings per pierced hole (*no bracelets, watches, or studded rings*)
- Music player: MP3 player/iPod, headphones, and chargers
- Pictures (*no pictures in frames, some photos may require review/approval by staff*)
- Adults – credit/debit card (for prescription medication)
- Stationary/envelopes/stamps
- Stress toys (*no putty*)
- Religious or spiritual items
- Stuffed animals: limited to 2 (*should be no larger than 12” x 12” and cannot contain pockets, cannot be scented, or weighted, stuffed animals with hard internal structure items will not be approved*)

**Please note any items that are a potential safety risk to patients will be evaluated by staff. These items may be confiscated and returned home with a family member. We strongly encourage that you leave any valuables at home during your treatment process.**