



What to Bring: Adolescent Inpatient Program

Thank you for choosing Silver Hill Hospital! Please remember to bring a copy of your Advance Directive (if you have one), your insurance card, a photo ID, credit cards to cover co-pays and deductibles. Please also make sure you have the contact information for your primary care provider, psychiatrists, and/or therapists.

Approved	Unapproved
<p>Please bring only one (1) “carry-on” size piece of luggage for your inpatient stay. All approved items will be moved into a Silver Hill tote bag and any excess will be sent home with family.</p> <ul style="list-style-type: none"> • Casual clothing No Strings/Laces • T-Shirts, jeans, cotton sweatpants (no strings), shorts (fingertip length), skirts (fingertip length), undergarments, slip on shoes, slippers (no laces), Bathing suits (1-piece for women and trunks for men) • Sleeveless tops/tank tops are permitted, but must be worn under other clothing • Winter hats for outdoor use, baseball caps • Jewelry: traditional watches, rings all other body piercings are at staff discretion • Limited toiletries UNOPENED • Manual toothbrush • Cordless, electric razors • Alcohol free, unopened toiletries in plastic bottles: Shampoo, conditioner, face wash/face cream, deodorant, make-up/face wipes, alcohol free mouth wash, non-aerosol hairspray • Limited unopened make-up in plastic containers: no glass jars, no mirrors • Two (2) teen magazines and/or books without spirals (appropriate content will be determined by nursing staff) • School bags containing school notebooks and textbooks (held by staff) • Patients are allowed thirty (\$30) dollars on their person (patient’s responsibility) • Musical instruments permitted at staff discretion • Unopened, 1-quart bags of hard candy 	<ul style="list-style-type: none"> • Stretchy pants: leggings, stockings, and yoga pants • Belts and scarves • Clothing and/or shoes with laces/ drawstrings • Clothing with inappropriate imagery (at staff discretion) • Jewelry: necklaces, hoop earrings, bracelets (wrist and ankle) • Cigarettes, cigars, pipes, e-cigarettes, chewing tobacco, Juuls • Revealing clothing • Short skirts and short-shorts (less than fingertip length) • Strapless tops • Flip flops • Open toed shoes • High-heeled shoes • Toiletries: Hair dryers, curling irons, dental floss, q-tips, cotton balls, traditional razors, tweezers, nail clippers, nail polish, nail polish remover • All electronic devices: cell phones, laptops, smart watches, kindles, iPods, iPads, video game consoles, portable video games, cameras, Fit Bits • Videos, DVDs/DVD players, CD/CD Players • Pillows, blankets, sheets, comforters, and stuffed animals

Silver Hill Hospital

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