



# What To Bring:

## *Adolescent Residential Program*

### Approved:

- Winter hats/hats without a brim
- Basic toiletries
  - New and unopened
  - Makeup (\*See note re: sharps in "Permitted at Staff Discretion" column)
- Appropriate Jewelry/piercings returned after 24 hours
- Mp3 players (no internet access, "Mighty Vibe" recommended as it can connect to Spotify)
- Pillows, comforters and stuffed animals
- 2 Books (appropriate content)
- Maximum \$30 cash (additional funds can be added to charge account)
- High Efficiency (HE) laundry detergent

### Not Approved:

- Revealing or inappropriate clothing
- Flip-flops or high heeled shoes
- Cigarettes, electronic cigarettes, vape pens, chewing tobacco, rolling tobacco/papers, cigars, nicotine pouches
- Gum/candy
- Hemp/CBD-based products (lotions, etc)
- Exercise equipment
- Personal electronics such as laptops, video games, computers

(\*See note re: cell phones under "Permitted at Staff Discretion")

### Permitted at staff discretion and/or limited access:

- Hairdryers, curling irons, razors, tweezers, nail clippers, floss
- Makeup with sharp pieces (such as compact mirrors)
- Nail polish and remover
- E-readers
- School books/books with spirals
- Musical instruments
- Toiletries containing alcohol (ethanol/ethyl/isopropyl)

**\*Cell phones may be stored in the staff office valuables safe – access limited to retrieving phone numbers and two-factor authentication needs.**

\*Please bring a maximum of 2 suitcases for your transitional stay. Any excess will be stored and returned at discharge. Silver Hill Hospital does not assume responsibility for stored belongings. Please leave valuable items at home.

