



What To Bring: *Adult Inpatient*

Approved:

- Casual clothing, slip on shoes, slippers (no strings/laces)
- Undergarments
- Sleeveless tops/tank tops are permitted but must be worn under other clothing
- Winter hats/hats without a brim
- Manual toothbrush
- Limited toiletries
 - New and unopened, non-aerosol (shampoo, conditioner, face wash/cream, deodorant, body soap)
 - Alcohol-free mouthwash
 - Limited make-up in plastic containers
- Traditional watches/rings
- One stuffed animal from home
- Two Books (appropriate content, not spiral bound)
- Maximum \$30 cash (additional funds can be added to charge account)

Approved Continued:

- Kindles (no camera) "Paper-white" version recommended for night reading (please pre-purchase books before arrival as no internet will be available)
- Wireless headphones
- Mp3 player (no camera, screen, internet or recording capabilities)

Not Approved:

- Revealing or inappropriate clothing
- Strapless tops/crop tops
- Belts/scarves
- Necklaces, hoop earrings, bracelets/anklets
- Stretchy pants: leggings, stockings, and yoga pants
- Flip-flops or high heeled shoes
- Cigarettes, electronic cigarettes, vape pens, chewing tobacco, rolling tobacco/papers, cigars, nicotine pouches
- Toiletries: Hair dryers, curling irons, floss, q-tips, cotton balls, razors
- Makeup with glass jars/mirrors

Not Approved Continued:

- All electronic devices: cell phones, laptops, smart watches, ipods, ipads, video games, cameras, fitbits
- Gum
- Hemp/CBD-based products (lotions, etc)
- Exercise equipment
- Bedding (pillows/blankets/sheets)

Permitted at staff discretion and/or limited access:

Will be stored on the unit with limited access:

- Tweezers, nail clippers
- Nail polish and remover
- Body jewelry/piercings
- School books/books with spirals
- Cordless, electric razors
- Musical instruments
- Toiletries containing high alcohol content (ethanol/ethyl/isopropyl)
- Staff will provide dental floss and disposable razors as needed

*Please bring a maximum of 1 carry-on sized suitcase for your inpatient 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.

