



What to Bring: Adult 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 only bring 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 either sent home, or stored in Admissions and returned upon discharge.</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) • Sleeveless tops/tank tops are permitted, but must be worn under other clothing. • Winter hats for outdoor use • Jewelry: traditional watches, rings, stud earrings, 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, alcohol free make-up/face wipes, alcohol free mouth wash, non-aerosol hairspray • Limited, unopened make-up in plastic containers: no glass jars, no mirrors • Nail clippers and tweezers are permitted only with Doctor’s permissions; items will be held by staff, and can only be used under staff supervision • Patients are allowed thirty (\$30) dollars on their person (patient’s responsibility) • New, unopened packages of traditional cigarettes • Two (2) books and/or magazines (with appropriate content) – no spirals, paper clips, or staples 	<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) • Cigars, pipes, e-cigarettes, chewing tobacco, Juuls • Jewelry: necklaces, hoop earrings, bracelets (wrist and ankle) • Revealing clothing • Short skirts and short-shorts (less than fingertip length) • Strapless tops • Flip flops • Open toed shoes • High-heeled shoes • Baseball caps • Toiletries: Hair dryers, curling irons, dental floss, q-tips, cotton balls, traditional razors, nail polish, nail polish remover • All electronic devices: cell phones, laptops, smart watches, kindles, iPods, iPads, video game consoles, portable video games, Fit Bits • Videos, DVDs/DVD players, CD/CD Players • Pillows, blankets, sheets, comforters, or stuffed animals

Silver Hill Hospital

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