

Packing List

What to pack:

- 7 to 10 days' worth of comfortable, casual, washable clothes.
- Long pants and to-the-knee or longer skirts and dresses are acceptable attire for the patient community. During afternoon free time, long-length (Bermuda-length) shorts may be worn for recreation activities.
- Exercise attire (no revealing clothing).
- Pajamas and robe.
- Comfortable, practical shoes/sneakers—high heels are not recommended.
- Socks/underwear.
- Smoking and tobacco products for four weeks -- Ashley staff will not purchase smoking or tobacco products for you. There is no cigarette machine on the premises.
- Jacket/weather-appropriate outerwear.
- Umbrella.
- Wristwatch and alarm clock (without radio).
- Shampoo/soap/toothbrush/tooth paste/shaving kit (razor must have plastic handle/casing).
- Long-distance calling card.
- Telephone numbers for family emergencies.
- Journal.
- If you have an Advance Directive/Living Will, please bring a copy with you for our records.
- Medications
Please bring your existing prescribed medications in the original bottles. Do not refill them prior to coming to Ashley, as we will need to order them from our pharmacy. Regulations do not permit us to dispense medications brought from home. All medications are administered by Ashley nurses. You should provide information on your prescription insurance coverage at the time of admission. If insurance does not cover your medications, you will be responsible for the charges.
- Telephone numbers for your physician(s), family members, and other parties that may be involved in your care.
- Insurance and/or prescription card, driver's license or another form of identification.
- Method of payment - either a credit card or cashier's check for the amount agreed to during the pre-admission phone call.

What **not** to bring:

- Cell phones, beepers, laptops.
- Electronic equipment including TVs, CDs and players, iPods, PDAs, and similar devices.
- Cameras.
- Facial piercings, other than earrings, will need to be removed.

- Revealing clothing and those with offensive slogans or that promote alcohol or drugs.
- Swimsuits of any kind.
- Sports equipment.
- Recreational reading material and briefcases.
- Table, card and electronic games.
- Food, including candy.
- Bedding, pillows and stuffed animals.
- Scissors or sharp objects, including metal nail files, bottle/can openers and straight-edge razors, Leatherman-type tools.
- Lighter fluid refills.
- Toxic magic markers.
- Over-the-counter medications and vitamins.
- Medical testing devices such as blood pressure machines (check with your Admissions counselor if you have specific medical testing device to ensure that you should not bring it with you).
- Expensive jewelry or clothing.

Cash for incidentals:

You will need funds for treatment-related reading materials you may wish to purchase, incidentals and any extra services such as dry cleaning. Please limit your cash to \$50. The Oak Store on campus sells personal-need items, recovery-related materials, and Ashley items.