

Packing Checklist

for Inpatient Rehab

NECESSARIES

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|-------------------------------------|--|
| <input type="checkbox"/> Medication | <input type="checkbox"/> Contacts list |
| <input type="checkbox"/> Jewelry | <input type="checkbox"/> Alarm clocks |
| <input type="checkbox"/> Money | <input type="checkbox"/> Documents |
| <input type="checkbox"/> Personals | <input type="checkbox"/> Pastimes items (i.e. books) |

CLOTHING

- | | |
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| <input type="checkbox"/> Comfy pants | <input type="checkbox"/> Non-skid sole shoes |
| <input type="checkbox"/> Sweaters | <input type="checkbox"/> Night pajamas |
| <input type="checkbox"/> Belts & socks | <input type="checkbox"/> Indoor & outdoor slippers |
| <input type="checkbox"/> Bathrobe | <input type="checkbox"/> Comfy undergarments |

PERSONAL HYGIENE

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|---|---|
| <input type="checkbox"/> Shampoo & conditioner | <input type="checkbox"/> Toothbrush & toothpaste |
| <input type="checkbox"/> Deodorant (alcohol-free) | <input type="checkbox"/> Hair styling combs, brush, serum |
| <input type="checkbox"/> Shaving cream | <input type="checkbox"/> Sunscreen, lotion, moisturizer |
| <input type="checkbox"/> Makeup items | <input type="checkbox"/> Hand & face towels |

PROHIBITED ITEMS!

- | | |
|---|---|
| <input type="checkbox"/> Illicit drugs | <input type="checkbox"/> Unprescribed meds |
| <input type="checkbox"/> Hazardous items | <input type="checkbox"/> Cleaning items containing alcohol |
| <input type="checkbox"/> Outside food or drinks | <input type="checkbox"/> Sharp objects or weapons |
| <input type="checkbox"/> Pornography | <input type="checkbox"/> Inappropriate or too-revealing clothes |