

# Caring

## What to pack for your stay

We ask that you limit luggage to one carry-on suitcase and an overnight bag.

You should bring five to seven days' worth of machine-washable, casual clothing. Note that this restriction is due to limited closet space and is not indicative of length of stay. Washers, dryers, and laundry detergent are provided free of charge.

- Long pants, capri pants, shorts
  - Skirts and dresses are permitted, but must be knee-length or longer.
  - Shorts must be knee-length.
- Shirts (e.g., polos, button-downs, sweaters)
  - Tank tops, midriff tops and T-shirts advertising drugs/alcohol or concerts are not permitted.
- Exercise clothing (e.g., knee-length shorts, warm-up suits, sweatshirts, sweatpants)
  - Yoga pants, leggings and spandex or other tight-fitting clothing are not permitted.
  - Sunglasses (for outdoor use only)
- Pajamas and robe
- Shoes
  - Make sure footwear is comfortable, practical and rubber-soled. We do not recommend high heels.
  - Sneakers are ideal for recreation and exercise activities.
- Socks
- Underwear
- Jacket (or other seasonal/weather-appropriate outerwear)
- Umbrella, rain coat
- Journal for writing
- Toiletries
  - Bring your own shampoo, conditioner, soap, toothbrush and toothpaste.
  - Products containing alcohol (e.g., perfume, mouthwash, nail polish remover, hair spray) are not permitted.
- Shaving kit or electric razor, if desired
  - Razors must have plastic handle/casing.
- Sunscreen lotion (no self-tanners)
- CPAP or sleep apnea machine, if needed
- Wristwatch and alarm clock (without radio)
- Picture ID, insurance card, prescription card
- Calling cards for pay phone use
  - Cell phones are not permitted. If you bring a cell phone, we will secure it in a safe and you will not have access to it during your stay.
- Copy of advance directive/living will
- Contact information for physicians, family members and others involved in your care
- Phone numbers for family emergencies