



The following is a list of items to be considered when packing for your stay with Cambia Hills East Bethel. Please be aware that any packing implements (suitcases, duffel bags, purses, other bags) will be sent home with family members upon admission and will not be allowed in facility. **DO NOT BRING ITEMS THAT COULD BE DAMAGED IN A HOT DRYER CYCLE. CAMBIA HILLS EAST BETHEL WILL NOT BE LIABLE FOR ANY DAMAGED ITEMS.** Please consider this when packing your items.

Suggested Packing List

- 5-7 pairs of pants- (must provide full coverage and be without holes)
- 5-7 shirts/tops
- 2 sets of Pajama's
- 2 Sweatshirts/sweaters (Hooded items are allowed but strings must be removed)
- 7 pairs of underwear/bras/socks
- 1 Jacket (appropriate for the season)
- Appropriate Seasonal Outerwear (hat, gloves, winter boots, etc.)
- 1 pair of comfortable foot ware (appropriate for the season)- No laces will be allowed in the facility
- 1 pair of slippers
- Eye Glasses
- Contact Lenses, solution, and container
- 30 days of medications (only medications prescribed by a physician and in original pharmacy bottles will be accepted). **Medications MUST BE in the Original pharmacy bottles and come with orders or a note from your most recent psychiatry appointment (If coming from an inpatient unit their discharge summary is acceptable) - **Please keep separate from other items****

*****It is recommended that clothing items be labeled with name or initials of the individual who owns them. Cambia Hills East Bethel will not be responsible for lost, damaged or stolen items*****

Optional items

- 3 books- must have original covers
- Unframed photos of family or friends (size 5x7 or smaller- not in excess)
- 1-2 non-spiral bound notebooks/journals
- 1 bottle of shampoo (shampoo will also be provided by the facility)
- 1 bottle of conditioner (conditioner will also be provided by the facility)
- 1 tooth brush (provided by facility if needed)
- 1 tooth paste (provided by facility if needed)
- 1 brush/comb (No Rattail handled brushes)
- 1 bottle of face wash
- 1 package of hygiene products (tampons, pads, etc.)
- Limited jewelry items are allowed in facility. No hoop earrings, long chains, or spiked items will be allowed. (please be mindful of your safety and be aware that Cambia Hills East Bethel is not responsible for lost or damaged property)

****Cambia Hills East Bethel's staff reserves the right to remove any item, at any time if it poses a threat to safety****



Prohibited Items

*****Please be aware that Cambia Hills East Bethel prohibits the following items on our premises to help ensure the safety of our residents and staff*****

- All firearms including handguns
- Knives- including pocket knives and box cutters
- Razors of any kind
- Electronic Devices (including cell phones, tablets (e.g. iPad), MP3 player (e.g. iPod), computers, cameras, etc.)
- Fingernail Clippers, Metal nail files and Tweezers
- Bobby Pins or Hair clips
- Coat Hangers
- Paperwork that contains staples or paperclips
- Spiral bound notebooks or 3 ring binders
- Sewing needs, pins or safety pins
- Glass containers (including those containing makeup)
- Mirrors (including makeup items containing a mirror)
- Balloons
- Aluminum Cans
- Any Liquid Containing Alcohol (including shampoo, conditions, body wash, makeup, etc.)
- Steeled toe or high heeled shoes
- Scarves, Belts or Similar items
- Clothing items with strings
- Blow Dryer, Curling Iron or other hair styling tools (units will have these available for use).
- Any items containing inappropriate language, sexually explicit words, phrase or photos.
- Any items containing drug and/or alcohol advertising or paraphernalia
- Any other items potentially dangerous to our patients or others
- Any items deemed inappropriate by Cambia Hills East Bethel Staff
- Laces, strings or other ligature concerns
- Stuffed animals, pillows or blankets from home

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