

Participants may bring the following items to CPH Inpatient Rehab:

Clothing: Linens, laundry facilities and laundry detergent are provided on the unit.

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| 10 pair of underwear | 2 exercise tops and bottoms |
| 5 bras | 3 layering items, such as sweatshirt/fleece |
| 5 undershirts/camisoles, as under layer | 2 sets of appropriate nightwear |
| 5 pairs of socks | A bathrobe and a pair of slippers |
| 5 shirts, minimum 1" strap on tank top | Winter attire, if applicable |
| 5 bottoms, minimum 4" inseam | |

Shoes: Appropriate footwear must be worn at all times, to ensure safety.

- 1 pair sneakers, 1 pair of shower shoes and 1 additional pair of shoes

Hygiene Items: Items should be large enough for your entire stay on the unit.

~Products with alcohol listed as the first ingredient are not permitted.~

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| 1 large shampoo & conditioner | 1 can shaving cream and disposable razors |
| 1 bottle of body wash <u>OR</u> 1 bar of soap | Electric razor, and hair clippers/trimmer |
| 1 large face wash | 1 toothbrush, 1 tube of toothpaste |
| 1 large face moisturizer | 1 bottle mouthwash, sealed bottle |
| 1 non-aerosol deodorant | 1 denture adhesive, cleaner and case |
| 1 contact lens case and solutions | 5 pieces of make-up |
| 1 non-aerosol hair product | 1 lip balm |
| 1 hairbrush/comb | Feminine hygiene products, in sealed box |
| 1 large body lotion, lightly scented | |

Misc. Items: We provide a notebook, a folder and a pen on admission.

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| Photo ID and Insurance Cards | Chewing gum, prepackaged and sealed |
| An empty water bottle | Stamps, we do not provide them |
| Alarm clock, with radio is allowed | Ear plugs, we do not provide them |
| A bed pillow, and a throw blanket | A comfort object |
| 8-10 photos | \$10 cash is allowed on person |
| 2 recovery/faith-based books, and 1 additional book, or 1 coloring book and 12 coloring utensils | |

~Please bring all prescription and OTC medications.~

Participants may not bring:

- A blow dryer, straightener or curling iron; a blow dryer is available on the unit
- Any cell phones, other electronic devices or chargers
- Any nicotine products, lighters or E-cigarettes. Nicotine replacement therapy will be offered.
- Any sexually explicit, violent, profane, drug or alcohol related clothing or material
- Any outside food or drinks
- Any jewelry with receptacle attached, such as a locket, memorial jewelry, etc.
- Any aerosol products, cologne, perfume, essential oils, or Axe products

Please Note: Drop offs for participants are not permitted (either by mail or brought to the unit), unless coming directly from another inpatient facility or incarceration, and it must be approved by the CPH treatment team.