Participants may bring the following items to CPH Inpatient Rehab:

**Clothing:** Linens, laundry facilities and laundry detergent are provided on the unit.
- 10 pair of underwear
- 5 bras
- 5 undershirts/camisoles, as under layer
- 5 pairs of socks
- 5 shirts, minimum 1” strap on tank top
- 5 bottoms, minimum 4” inseam
- 2 exercise tops and bottoms
- 3 layering items, such as sweatshirt/fleece
- 2 sets of appropriate nightwear
- A bathrobe and a pair of slippers
- Winter attire, if applicable

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

**Misc. Items:** We provide a notebook, a folder and a pen on admission.
- Photo ID and Insurance Cards
- An empty water bottle
- Alarm clock, with radio is allowed
- A bed pillow, and a throw blanket
- 8-10 photos
- 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.