

New Patient Packing List

What to Bring

- **Payment**(Any co-pay, deductibles if applies) agreed upon with our Financial Counselor will be expected prior to the Admission process(We ONLY accept **FSA/HSA Card, Debit Card**, Preloaded Debit Card, personal check/cashier check, **No cash** is permitted on campus unless pre-approved by clinical manager. (BRH will be not responsible for your cash/fine jewelry loss on campus.)
- A copy of your **Insurance card or/and Medicaid information** for verification.
- **Driver's license and insurance card AND prescription card** if different from medical insurance card;
- **30-Day supply of prescription medication, toiletries, originally packaged tobacco products, etc.**(Shopping for supplies is limited to **absolute necessities** only.)

*NOTE: Make sure your prescription medication is in the **original pharmacy bottle** with the information label intact. Any liquid medications must be new and sealed. You should also bring a list of all your medications and dosages;*

- Maximum of **ONE medium/large suitcase/luggage**; space is limited, and additional luggage/belongings will not be allowed;
- Enough comfortable wash and wear **clothing up to 1 WEEK**. (We provide washers/dryers, detergent, please DO NOT overpack.);
- **Exercise clothing & exercise shoes; winter clothes** for outside winter walking/activities and swim gear for summer activities;
- Comfortable shoes; you may want to include **warm slippers** for winter and **sandals** for summer;
- Appropriate **sleepwear**;
- **Sweaters/Jackets** for Fall-Spring or heavy jackets for Winter or light **jacket/sweatshirt** for summer.

- **Summer wear: walking shorts, T-shirts, hat, sunscreen** SPF 15 or higher. (Clothing must cover midsection/stomach completely and have an appropriate neckline for female residents, including one-piece bathing suit for women (no exceptions))
- **Toiletries: toothbrush, toothpaste, hair products, deodorant, hair dryer, LIQUID body wash, lotion, shaving supplies.** (NO PRODUCTS CONTAINING ALCOHOL WILL BE ALLOWED) – Please note this for mouthwash)
- **Small travel alarm clock** is suggested but not necessary.
- Bring any **hobby items** (knitting, sketchbooks, etc.)
- **Stamps and envelopes** if you wish to mail letters;
- A list of **names, addresses and phone numbers** of those you wish to have involved in your treatment (loved ones, healthcare professionals, sponsors, etc.);
- **Pictures of your loved ones** to keep in your room or wallet.

What NOT to Bring

- **No outside food or drinks**, including water, candy are allowed;
- **No cell phones, pagers, computers, tablets, PDA's**, unless pre-notified and pre-approved by our Clinical Team;
- No **outside exercise equipment** unless notified and approved by our Clinical Team;
- **No products containing alcohol**, including mouthwash or other personal products;
- No expensive **jewelry** or excessive **cash**;
- No **tanning oils**, other self-tanning products, hair dye, or bleaching products;
- **Do not bring your vehicle** unless it is absolutely necessary, all vehicles are susceptible to being searched.