



## Packing List

To provide a safe and comfortable recovery environment for all patients, Melrose Center Residential limits personal belongings to the items on the list below. Staff will search all belongings upon admission and items not adhering to these guidelines will be sent home or stored on site. If you have questions regarding this list, please call 952-993-6200 and ask to speak with a Care Manager. All other items brought to Melrose are subject to staff approval.

### What Melrose Center Provides

- Towels and washcloths
- All bedding, including pillows
- Hangers (limited supply)
- Kleenex
- Toilet paper and hand soap
- Games and movies
- Free Wi-Fi (for adults)

### How to Pack

Pack all belongings in one carry-on size suitcase, if able. If you also need to bring a backpack or purse, they will be kept in storage along with your suitcase. You are allowed to keep one mesh laundry bag and one clear cosmetic bag in your room.

### How Much to Pack

Please limit quantities due to space. Items may be sent home or stored onsite. Laundry facilities with complimentary detergent is available to you. Please bring a mesh bag for your laundry.

### Medications

Please bring all prescription medication to admission. Bring a 30-day supply of any prescription inhalers and birth control pills. If you have diabetes and take insulin, bring only enough for 1 day. Make sure that all medication has not expired. Leave at home all vitamins, supplements, protein powders, laxatives, and other over-the-counter medications.

### Clothing:

- A variety of seasonally appropriate clothes, including clothing for comfort and outerwear, as needed
  - Sweatpants, capris, or jeans
  - Shorts/skirts should be no higher than 4" above the knee
- Tops: t-shirts or long-sleeved shirts
  - Sweatshirts without pockets (sweatshirts with pockets are not allowed during mealtimes and snacks)
  - Tank tops are acceptable if worn under a cardigan or hoodie
  - Full length tops (no crop tops)
- A few extra garment hangers
- Athletic gear and tennis shoes conducive to stretching or light strengthening exercises, and tennis shoes (sleeveless workout gear is not allowed)
- Flip flops or slip-on shoes (include footwear for showering)
- Pajamas and bathrobe

### Hygiene Items:

- Toiletries and cosmetics- *(Please no scented lotions or perfumes)*
  - Curling iron/straightener/hair dryer, if desired
  - Flip flops for showering
  - Shampoo and conditioner
  - Toothbrush and toothpaste
  - Alcohol free mouthwash



### Personal Items:

- A freshly laundered favorite blanket (Weighted blankets are NOT allowed on the unit)
- Photographs for your bulletin board above your bed (no frames with glass)
- Book, knitting, crossword or Sudoku puzzles
- **For Adolescents:** no cell phones are allowed. Only **approved** electronics are:
  - Dodusoul 64GB MP3 player
  - Hotechs MP3 music player MP3 player / MP4 player
  - Laptop during school year only; time on computer will be limited to the school hours
- School textbooks
- **For Adults:** Laptop and cell phones are acceptable if they do not interfere with your treatment

### Personal Items that can be accessed from locked storage with supervision:

- Nail clippers
- Eyebrow tweezers
- Scissors
- Blow dryers
- Alcohol free mouthwash
- Keys
- Sharp crafting tools
- Sharpeners
- 1 purse OR backpack

### What NOT to pack

- Over-the-counter remedies: laxatives, Tylenol, Ibuprofen, Tums etc.
- Scales, Fit Bits or steps tracking devices
- No extension or power cords longer than 3 feet
- Metal nail files and disposable razors (electric razor allowed)
- Glass objects of any kind (ex. vases, picture frames)
- Food of any kind, including gum, candy, mints
- Celebrity, pop culture, and tabloid magazines
- Electric blanket, heating pads, or weighted blankets
- Electric fans or lights
- Solid sided containers--must be mesh
- Alarm clocks
- Incense, perfume, cologne, air fresheners, other fragrant materials
- Latex balloons or gloves
- Large amounts of money (\$50 or more should be sent home or locked by Security on premises)
- Paint

### Prohibited Items

- Weapons of any kind
- Cameras
- Candles
- Cannabis/Marijuana/THC in any form
- Illegal drugs or paraphernalia
- Alcohol, including any products containing alcohol
- Matches or lighters
- Tobacco products, e-cigarettes, smoking materials of any kind

**\*Unlabeled personal items left behind will be kept for 2 weeks and then donated if unclaimed. Hiding prohibited items or visitors bringing in items on these lists may result in a warning, change in phase or discharge.**