

## **Packing List: What to Bring (and What Not to Bring)**

We strongly encourage prior to packing for Cumberland Heights, you take a moment to review the following list of items that will and will not be allowed during your stay here. Tennessee weather includes all four seasons. This will play a part in determining a patient's needs while here.

### **Valuables Policy**

Please leave any valuables at home. Cumberland Heights is not responsible for any lost, stolen or damaged items. Cash and credit cards may be stored for you in Patient Finance, but we are unable to accommodate purses and wallets.

### **Medication Policy**

We ask you to bring all prescriptions and any over-the-counter medications in their complete packaging including prescription bags. The medical staff will safely store them until one of our physicians is able to determine their use during and after treatment.

### **Prohibited Items Policy**

Any prohibited items brought on campus will be documented and securely stored by our security team for the duration of your stay.

### **Spending Money Recommendation**

Generally, \$10-\$20 per week in spending money is sufficient for your book shop purchases and any other incidentals.

### **Clothing Policy**

Clothing should be modest and appropriate. Tank tops, spaghetti strap shirts, short shorts or muscle shirts are prohibited. No exposed midriffs. Shorts or skirts must be no more than 3 inches above the knee. Laundry facilities are available on designated days for patient use during residential stay.

### **Suggested Items to Pack for Your Stay at Cumberland Heights:**

- Several days of appropriate, comfortable clothing, including athletic wear and sneakers (3 bag limit)
- A sweater or jacket
- Comfortable sleepwear and slippers, flip-flops
- Personal toiletries (Must be alcohol-free)
- Rain gear or an umbrella (umbrellas also freely available on campus)
- A minimal amount of cash to purchase items such as books and snacks. We have a bookstore on campus which includes toiletries, clothing, books and more.
- Coins for vending machines, etc. (we can make change)
- Any required prescription medications (stored according to provided guidelines)

- A single compartment drawstring backpack or tote bag to carry personal items. These can be purchased in the campus Book Shop if needed. Multi-pocket backpacks and purses must remain in patient rooms.

**Please Leave the Following Items at Home:**

- All electronic devices, such as smart phones, laptops, tablets, etc.
- Provocative or revealing clothing, such as tight-fitting jeans or pants, fishnet jerseys, etc.
- Clothing with suggestive images to alcohol, drugs or sex
- Toiletries containing alcohol
- Aerosol products other than shaving cream
- Cleaning supplies, such as Lysol, hand sanitizer, air freshener, etc.
- Perfume, cologne or aftershave
- Drug paraphernalia or controlled substances, such as Xanax, Klonopin, Librium, etc. (If these medications are not sent home with a family member, they will be destroyed)
- Over-the-counter medication, such as Motrin, Tylenol, Neosporin, supplements, etc.
- Dryer sheets (Sealed High Efficiency detergent pods are the only laundry detergent allowed)
- Outside food or beverage
- Heating pads or electric blankets unless approved by physician
- Hemp jewelry and other products containing hemp
- Magic markers, sharpies and white out
- Marital aids or condoms
- Puzzles, games, arts or crafts
- Reading materials except for 12-Step, religious or spiritual materials
- Weapons, such as guns, knives, mace, fingernail files (except emery boards), straight razors or other potential weapons