

# UBH Denton Packing List

During your stay with UBH, we want you to be as comfortable as possible while focusing on treatment. Please keep in mind, this is a behavioral health hospital and certain items are not allowed in the facility for the safety of both patients and staff. The following recommended and prohibited items are listed below. Please pack accordingly. Feel free to contact us for further clarification or questions.

## Recommended Items:

- **Day clothing:** Five days recommended as storage is limited. (Washer/dryer available at no charge)
- **Shoes:** No shoe strings are allowed on the unit floor
- **Personal hygiene items:** Toothbrush, toothpaste, shower shoes, deodorant, and female sanitary items, etc. cannot contain alcohol-based products or aerosols
- **Pajamas:** Modest and climate appropriate
- **Warm clothing:** A jacket or sweater; no clothing with hoods or drawstrings
- **One-month supply of unopened tobacco products:** May only be used during designated breaks as determined by unit schedule
- **Home medications:** Stored in the pharmacy and administered by staff
- **Makeup:** Kept by staff and to be applied at the nurses station. May not have any glass, mirror, or metal pieces. No alcohol in the content.
- **Razors and electric shavers:** Disposable razors provided by the facility; to be used only in the presence of a staff member. Please do not bring your own razors. Electric shavers are allowed; only to be used in the presence of a staff member.
- **Markers:** Allowed as long as they are washable, non-toxic, and do not have metal pieces. Skinny markers are not allowed.

## Prohibited Items:

- **Electronic equipment** (Includes cell phones, iPods, laptops, DVD players, earphones, beepers, alarm clocks, radios or recording devices). You will have access to a phone that is in the day room for community use.
- **Shoestrings, drawstrings, and belts**
- **Boots**
- **Hairdryers, curling irons, flat irons, etc.** We provide hairdryer for community use in day room
- **No clothing with inappropriate artwork or language** (alcohol, drugs, sexual or violent phrases or images)
- **Jewelry** (with the exception of wedding rings)
- **Items with any sharp edges or points, any items with glass or containing flammable liquids**
- **Drugs and/or alcoholic beverages**
- **Knives, guns or any weapons**
- **Binders or notebooks with metal spirals**
- **Mirrors, nail files, or clippers**
- **Needles, hooks, or wire/plastic hangers**
- **Stuffed animals**
- **Blankets and pillows** (will be provided by UBH)

All valuables should be left at home and not retained at UBH. Individuals are fully responsible for personal items. Items that must be secured at the facility will not be accessible throughout the length of stay unless requested on specified days. Be aware patients are here for different reasons and therefore may have additional restrictions. Because of this, we ask that you do not share or provide any of your personal possessions to other patients.