

## Patriot Support Program Packing List

It is recommended that patients bring the following:

- Three to five days of weather appropriate clothing (Sweaters and jackets must not have hoods or strings)
- One pair of shoes with no laces (slides, crocks, slippers, etc. We ask that patients do not bring flip-flops)
- One pair of shoes with laces (for daily physical training)
- Workout clothes
- Three to five days of underclothing
- Personal hygiene items (toothbrush, toothpaste, shower shoes, deodorant and female sanitary items). **These items cannot include alcohol-based products or aerosols.**
- Warm pajamas (must be appropriate)

Patients have access to a washer and dryer and will be responsible for doing their own laundry. Laundry soap and dryer sheets will be provided.

Patients will be going on therapeutic outings and attending equine therapy every week. They will have opportunities to purchase approved items on these outings. Patients will not have access to an ATM during their stay at UBH. It is highly recommended that patients bring their personal debit/credit card.

Patients need to wear appropriate attire: regular street clothes with shoes or socks. It is required that patients dress modestly. Patients are required to wear shirts and appropriate undergarments. Please, no clothing with holes or excessively tight or loose clothing. Tank tops, sleeveless shirts, halter tops, midriff shirts, short skirts, sexually suggestive clothing or any items advertising any addictive product or activities are prohibited.

It is recommended that valuables should be left/sent home and not retained at UBH. Individuals are fully responsible for personal items. Valuables brought to UBH will be stored in the Military Unit Safe and will only be accessible at specific times and will be facilitated and monitored by staff.

Please be aware that patients are here for different reasons. Some patients may have additional restrictions. We ask that you do not lend or give out any of your personal possessions.

Patients may bring cigarettes. They must be new/unopened packs and will be stored behind the nurses stationed and handed out one at a time during scheduled smoke breaks. Vapes, cigars, pipes, chewing tobacco, tobacco/nicotine pouches, etc., are not permitted.

While a patient is on the Mental Health Unit, certain items will be restricted to promote a safe environment for all. Due to the Military Program length of stay, additional items will be individually reviewed and considered by management.

### **Hygiene Items**

Hygiene items may NOT have alcohol as the primary ingredient. They will be placed in a hygiene bin and kept secured until patient hygiene times. The following items may be kept in the hygiene bin:

Body Powder	Comb/ Brush	Hair Gel
Deodorant	Conditioner	Moisturizer
Body Wash	Contact Case	Shampoo (nothing with a pump)
Body Lotion	Facial Cleaner	Toothbrush (with cover)
Chapstick	Glasses	Toothpaste

### **Limited Use Items (Must be used at Nursing Station)**

Contact Solution	Nail clippers
Electric Razor – Supervised	Pre/ After Shave (Aerosol Free)
Hair Dryer	Pump Hair Spray (Aerosol Free)
Make-Up	Q-tips (paper, not hard plastic)
Dental Floss (approx. 6 inches)	Emery board

### **Limited Use Items (Must be checked In/Out from Nursing Station)**

Personal markers  
1 Bic Pen – provided by UBH  
Cigarettes