



Banyan Heartland Packing List



What To Bring:

Clothing: 1 week worth of clothing

- Seasonal clothing: winter jackets
- Exercise attire: gym, yoga, and outdoor activities
- Slippers, sandals, and sneakers

Electronics: Internet access and camera devices not permitted

- Mp3 player or iPod, e-reader (residential patients only)

Nicotine Products: State age restrictions are enforced

- Unopened cigarettes, disposable vapes
- 21+ years old to purchase from staff

Valuables:

- Personal ID and insurance card
- Credit/debit card, small amounts of cash
- Families can utilize patient funding accounts

Toiletries: Unopened or untampered with products only

- Shampoo, conditioner, deodorant, toothbrush, etc.
- Hairbrush, blow dryer, flat iron, beard trimmer, etc.

Medications/Drugs:

- Prescribed medications
- Non-narcotic medications only

Other:

- Stamps and envelopes
- FMLA paperwork
- Contact information for doctors
- List of emergency contacts (written down)
- Makeup (no loose powders)
- Books for reading (keep to a minimum)
- Menstrual products if needed

What To Leave Home:

Clothing: Inappropriate clothing

- Low-cut shirts, spaghetti strap shirts, tank tops
- Short skirts or shorts
- Clothing that exposes garments

Electronics: Internet access and camera devices not permitted

- Phones will be locked up after admission

Nicotine products: State age restrictions are enforced

- Open or loose tobacco (Only pouches allowed for chewing)
- Non-disposable vapes or other electronic cigarettes

Valuables:

- Jewelry
- Large amounts of cash
- Families can utilize patient funding accounts

Toiletries:

- Products with alcohol in first five ingredients
- Aerosol hairspray or hair dye

Medications/Drugs:

- Narcotics and alcohol
- Over the counter medications and vitamins

Other:

- Pets
- Pornographic materials
- Pillows or blankets
- Guns, knives, brass knuckles, chains, razor blades, etc.

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This list is not all-inclusive. Any items that may be questionable will be assessed upon admission