Seaside Packing List

What To Bring:

**Clothing:** 2 weeks worth of clothing
- Seasonal clothing, evening wear (1-2 outfits)
- Exercise attire: gym, yoga, and outdoor activities
- Swimwear, beach towel, sunscreen
- Slippers, sandals, flip flops, and sneakers

**Nicotine Products:** State age restrictions are enforced
- Unopened cigarettes, disposable vapes
- 21+ years old to purchase from staff

**Valuables:**
- Personal ID, FMLA paperwork, 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, hairbrush, toothbrush, etc.
- Blow dryer, flat iron, beard trimmer, etc.

**Medications/Drugs:**
- Prescribed medications
- Non-narcotic medications only

**Other:**
- Eyeglasses/contacts
- Golf clubs and/or tennis gear
- Menstrual products if needed

**Pet Admits:**
- All pet forms and waivers must be completed prior to admission
- Crate and kennel, food and water bowls
- Leash, food, medication, and supplements

What To Leave Home:

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

**Nicotine products:** State age restrictions are enforced
- Open or loose tobacco, black & mild’s, cigars
- 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:**
- Prescribed medications
- Non-narcotic medications only

**Other:**
- Pornographic materials
- Guns, knives, brass knuckles, chains, razor blades, etc.

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