



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:

- Narcotics and alcohol
- Over the counter medications and vitamins

Other:

- Pornographic materials
- 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