

# WHAT TO BRING

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There are certain items that you will need during your stay on the Parkdale Center. Not everything mentioned is required, but many of our former patients find these items most useful. Please note that we do ask all of our patients to dress appropriately each day according to their therapy activities.

## **Clothing (we suggest you label items with your name)**

- 5-7 comfortable changes of clothing that are suitable for exercise
- Personal undergarments
- A pair of comfortable shoes with a firm non-skid sole
- Gym shoes for exercise
- Robe and nightwear
- Seasonal outerwear (gloves, coats, hats, etc.)

## **Personal Hygiene Items**

- Patients are encouraged to bring the following items, comb, toothpaste, toothbrush, shampoo, and soap.
- Equipment
- Please bring glasses, dentures and hearing devices, if you use them, along with their containers.
- If you use your own cane, walker, brace or other such equipment, a staff member may need to evaluate if adjustments or modifications would be required. Please see a staff member for assistance.

## **Personal Items**

- Many patients find it comforting to bring photos from home. Please feel free to do so. You may also want to bring writing or reading materials for use during leisure time. We have a library available (book case) for your use that includes donated books and magazines as well as Internet access.
- Laptops, iPads, cell phones are permitted.
- Notebooks, pens, and pencils
- Bedrooms will have Twin beds available. Please bring your own fitted sheets, blankets, and pillowcases. Pillows will be provided if available. We strongly recommend you bring your own pillow.
- Bath Towels
- Laundry soap, fabric softener, and fabric sheets. (laundry room available) ), cleaning supplies for bedroom/bathroom, and living areas (out of state people will have access to purchase locally).
- Spending money for community events, evening and weekend meals, and for personal items.
- *Please remember to leave all valuables at home. Parkdale Center is not responsible for lost or stolen items.*

**PLEASE DO NOT BRING ANY FIREARMS OR WEAPONS, THEY WILL BE TURNED OVER TO THE LOCAL LAW ENFORCEMENT.**