

## Hospital Packing List

### Preparing for your stay at Fullarton Clinic

Your comfort and safety are our priority, and to help you feel prepared, we have created a packing list aligned with your program as an inpatient.

A laundry facility is onsite, so you only need to bring enough clothes for seven days.

### Dress Code

Fullarton Clinic is not only a private hospital dedicated to mental health and addiction recovery—it is also a shared community. Neat, comfortable clothing is expected. Footwear must be worn at all times. Clothing should support participation in group and physical activities.

Items not considered appropriate include:

- Torn clothing or damaged footwear
- Beachwear or swimwear
- Clothing with offensive or inappropriate slogans
- Steel-capped boots, bare midriffs, or halter tops

Religious and cultural dress is fully respected.

While therapeutic rehabilitation is a key focus, your comfort matters. This guide suggests personal items to help you feel prepared.

### Essential Items To Pack

#### Clothing

- Comfortable daywear and sleepwear (enough for 7 days)
- Comfortable shoes for indoors, such as slip-ons or enclosed slippers
- Light exercise clothes (for wellness and movement sessions)
- Sneakers

Most of our programs include light physical activity, and an onsite gym is available. Wearing comfortable exercise clothing and supportive sneakers can help you feel more at ease while participating in movement-based activities.

#### Other

- A credit or debit card to cover pharmacy costs and incidentals
- Sufficient toiletries and personal hygiene items for up to 28 days
- Medicare card and private health insurance details
- Any prescribed medications in original pharmacy packaging
- Reading glasses or mobility aids (if needed)

#### Additional Documents (If Applicable)

- Referral letter
- Department of Veterans' Affairs card
- Pension Card
- Pharmacy Entitlement card

### Optional Items To Pack

- A good book or journal
- Reusable drink bottle
- Headphones (wireless earbuds only) or earplugs (for personal use during breaks)

### What Not to Bring

- Valuables or cash
- Items that could be considered unsafe (e.g. sharp implements, glass containers)
- Blades and sharp cutting implements, including nail scissors
- Long cords, including dressing gown ties, belts, or extended charging cables
- Alcohol, non-prescribed medications, or illicit substances
- Mobile phone, laptop or tablet

We want you to feel safe and supported throughout your stay. If you're unsure about any item, our admissions team is happy to help clarify what's appropriate to bring.

### A little more on digital devices

In support of entirely focusing on recovery, we generally discourage bringing mobile phones, laptops, tablets, and music players into the hospital; exceptions can be made for certain patients. If you wish to bring a digital device, please consult our Admissions team to discuss the possibility. If approved, these devices are limited to your room to support a calm and recovery-focused environment for all patients.

Wi-Fi is available in patient rooms. Please be aware that taking photos, videos, or audio recordings of other patients, staff, or doctors is strictly prohibited. Fullarton Clinic cannot accept responsibility or liability for any digital devices you bring into the hospital.

*Please note that patients in the Addiction Recovery Program are not permitted access to these devices.*

### Next Steps

Our admissions team can assist if you need more information about what to bring. You're welcome to download the list to help you prepare for a smooth transition to wellness.