

WISER/ROVER Packing List & Instructions

As you are aware, our program is located on an **acute, inpatient psychiatric unit**. Because of this, there are rules and restrictions designed to ensure your safety and the safety of others that limit what you can bring and store on the unit.

**** If you are flying, please limit to one checked bag. The VA will not reimburse for checked bag fees. ****

What to bring with you that you may keep in your room:

<input type="checkbox"/> 7-10 days of clothing (pants, shorts, shirts, underwear, pajamas etc)— <i>**washer and dryer available on the unit.</i> <i>**Space is limited so do not bring more than this amount.</i> <i>**None of your clothing can have drawstrings. Drawstrings will be removed if you want to keep the item on the unit.</i> <i>**Bring clothes that fit without a belt as belts are not allowed.</i>	<input type="checkbox"/> Soap, shampoo, deodorant, lotion (<i>must be alcohol-free, no metal or glass, reasonable size</i>)
<input type="checkbox"/> Work out/gym clothes and clothes in which you can do simple yoga/stretching <i>No short shorts/sheer clothing</i>	<input type="checkbox"/> Toothbrush, toothpaste, mouthwash (<i>must be alcohol free like Crest ProHealth</i>)
<input type="checkbox"/> Slip-on or Velcro Shoes (tennis shoes for exercise that have shoe laces will be kept in nurses' station until gym time). <i>No shoe laces can be worn while on the unit.</i>	<input type="checkbox"/> Books, playing cards, magazines pictures of family or friends <input type="checkbox"/> May bring stamps for mailing letters <input type="checkbox"/> May bring a watch with a plastic band (<i>no metal watches allowed</i>)
<input type="checkbox"/> Sweater, Sweatshirt or Jacket (<i>temperature on the unit can vary so please bring things that you can layer</i>) <input type="checkbox"/> Baseball hats may be worn when not in groups	<input type="checkbox"/> Cash/credit cards/ debit cards-limit only 3 debit and/or 3 credit cards (for items from the store on VA grounds and outings with recreational therapy). <i>These are stored in a lock box on the unit. ATM machine is available on grounds. Usually bring less than \$100 as any amount exceeding this will have to be stored in the hospital safe off of the unit and is difficult to access regularly.</i>
<input type="checkbox"/> Calling Card for Long Distance Calls (to use on communal phone) and/ or cell phones (<i>limited times when able to use, are stored in nurses' station when not in use</i>)	<input type="checkbox"/> May bring up to 1 movie on DVD and 1 game for Wii or X-box <i>**team must approve the games and DVDs before can be used**</i>

**Personal Items that you can bring but will be stored in the nurses' station.
These items must be used under staff supervision.**

<input type="checkbox"/> Cell phones and chargers for cell phones
<input type="checkbox"/> Razors
<input type="checkbox"/> Blow dryers, curling irons, makeup
<input type="checkbox"/> Keys (please bring as few as possible—kept in nurses' station throughout your stay)

Do NOT bring the following items:

<p>Electronics, including:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Computers of any kind <input type="checkbox"/> Portable DVD or TV <input type="checkbox"/> Ipods, Nanos, PDAs, e-readers <input type="checkbox"/> Video Game Devices <input type="checkbox"/> Headphones or radios 	<p>Other items, including:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Weapons of any kind <input type="checkbox"/> Pocket knives <input type="checkbox"/> Clothes hangers <input type="checkbox"/> Any tobacco products: cigarettes, lighters, matches, dip, e-cigarettes <i>**if any of these items are brought onto the unit, they will be immediately thrown out by the staff**</i> <input type="checkbox"/> Perfume or Cologne <input type="checkbox"/> Glass products <input type="checkbox"/> Scissors, fingernail files, nail clippers <input type="checkbox"/> Pornographic material <input type="checkbox"/> Pens or pencils (we will provide these) <input type="checkbox"/> Medications (women should bring oral contraceptive pills), Vitamins or supplements, illegal drugs, alcohol <input type="checkbox"/> Food or drinks (supplied by the unit)—cannot accept care packages with food in them
<p>Inappropriate clothing, including:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Belts, suspenders, draw string pants or sweatshirts with draw strings <input type="checkbox"/> Revealing clothing or clothing with vulgar or inappropriate words on it <input type="checkbox"/> Short shorts/sheer clothing 	
<p>Valuables, including</p> <ul style="list-style-type: none"> <input type="checkbox"/> Jewelry: only wedding bands are permitted (no necklaces, bracelets, nor earrings) 	

We are not responsible for lost or stolen property. Valuables in general should not be brought to the unit because you will not have a locked, secure area in your room for storage. To keep the unit safe for everyone, we search all patients at admission for prohibited items. We also do weekly random room searches. We search bags brought on the unit and we search patients returning to the unit. We remove and dispose of prohibited items found. Suitcases, backpacks, and other bags will be checked into patient property.

If you have questions about what to pack or what your friends and family can bring during visiting hours, please call the unit at 713-791-1414 ext 6700.