



What To Bring: *Steward House*

Approved:

- Casual clothing
- Winter hats/hats without a brim
- Basic toiletries
 - New and unopened
 - Must be alcohol free and non-aerosol
 - Makeup (*See note re: sharps in "Permitted at Staff Discretion" column)
- New, unopened packs of cigarettes
- Mp3 players (no internet access, "Mighty Vibe" recommended as it can connect to Spotify)
- Pillows and comforters
- Books and e-readers (appropriate content)
- Jewelry (patient responsibility)
- Maximum \$30 cash (additional funds can be added to charge account)
- High Efficiency (HE) laundry detergent
- Nicotine lozenges or gum
- Yoga mat
- Travel coffee mug

Not Approved:

- Revealing or inappropriate clothing
- Flip-flops or high heeled shoes
- Electronic cigarettes, vape pens, chewing tobacco, rolling tobacco/papers, cigars, nicotine pouches
- Hemp/CBD-based products (lotions, etc)
- Exercise equipment
- Open vitamins and supplements
- Loose pills/pill organizers

Permitted at staff discretion and/or limited access:

- Hairdryers, curling irons, razors, tweezers, nail clippers, floss
- Makeup with sharp pieces (such as compact mirrors)
- Nail polish and remover
- Lighters
- Toiletries containing alcohol (ethanol/ethyl/isopropyl)
- Cell phones, laptops, computers and electronic book readers

*Please bring a maximum of 2 suitcases for your transitional stay. Any excess will be stored and returned at discharge. Silver Hill Hospital does not assume responsibility for stored belongings. Please leave valuable items at home.



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