



What To Bring: Steward House

Approved:

- Casual clothing
- Hats
- Basic toiletries
 - New and unopened
 - Must be alcohol free and non-aerosol
 - Makeup (*See note re: sharps in "Permitted at Staff Discretion" column)
- 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

*The Steward House provides all bedding, towels, bathrobes & slippers.

Not Approved:

- Revealing or inappropriate clothing
- Flip-flops or high heeled shoes
- Cigarettes, 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
- Toiletries containing alcohol (ethanol/ethyl/isopropyl)

Electronics

The Steward House permits limited access to devices such as cell phones, laptops & tablets. These items will be stored in the residential counselor's office & are allowed to be signed out between the hours of 7-9am, 12-1pm & 4:30-9pm. Devices may not be stored in resident's rooms. Web browsing history will be monitored for safety, therefore we ask that the resident not clear their web browsing history after each use. Additional information regarding devices will be discussed with the clinical team upon orientation.

*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.