

Inpatient Packing List

Our research has shown that, following trauma, injury or a disease-related event, the sooner patients begin therapy, the more physical and cognitive ability they will gain. To prepare for your inpatient rehabilitation stay, it is important to remember to bring the following items:

CLOTHING

- Comfortable, breathable exercise clothing to allow full mobility.
- Clothing you typically wear everyday -- possibly with zippers, buttons or hooks to practice with during occupational therapy.
- Loose fitting or elastic pants are encouraged and preferred to shorts.
- Comfortable, proper fitting athletic shoes and socks (see below for more details).

Please label all clothing with your name.

PERSONAL CARE ITEMS

- Regular toiletries which includes shower supplies, toothbrush and toothpaste
- Hair brush or comb
- Electric razor
- Glasses

DO NOT BRING

- Hooded sweatshirts
- Flip flops or slippers
- Hot tools such as a hair dryer, hair straightener or curling iron
- Candles
- Weapons, drugs, alcohol or vapes
- Valuable items — we cannot be responsible for the loss of valuables should you choose to bring them.

Footwear for Inpatient Rehabilitation

Shopping for proper footwear can be done online and without the patient. To find the best fitting shoe, we recommend the following:

- A closed, lace-up style shoe, that will allow you to open it as wide as possible.
- Consider going up ½ size to 2 sizes due to new swelling in the feet.
- Avoiding socks that are wool, knitted, have embroidered designs or hospital “grip socks”.

