

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 regain. To prepare for your inpatient rehabilitation stay, it is important to remember to bring the following items:

Clothing

Please label all clothing with your name.

- Comfortable, breathable exercise clothing to allow full mobility
- Clothing you typically wear every day, including items 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)

Personal Care Items

- Toiletries, including shower supplies, toothbrush and toothpaste
- Hairbrush or comb
- 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 any personal items)

Recommended Footwear

To find the best-fitting shoe, we recommend the following:

- A closed, lace-up style that allows for a wide opening
- Consider going up one-half to two sizes, based on foot swelling
- Avoid socks that are wool, knitted, have embroidered designs or hospital grip socks

