



What to bring to the Eating Disorders Unit

We recognize that coming into the Eating Disorders Unit can be an overwhelming experience.

Listed below are suggestions about what to pack for your stay.

- Pajamas
- Comfortable clothes
- Undergarments (no underwires)
- Slippers
- Water shoes for showers
- Travel size toiletries only
- Shampoo, Conditioner
- Body wash/Soap
- Face wash
- Face and Body Lotion
- Sneakers and shoes without laces
- Toothbrush, Toothpaste
- Brush/Comb
- Electric razor
- Books
- Journals (no wire-bound notebooks)
- Stationary and Stamps
- Games, Cards
- Music player without Internet capability that can accommodate wireless headphones
- Wireless airbuds or wireless headphones
- Crafts (ex. Knitting supplies, coloring books, etc.)
- Crossword Books, Sudoku books, Word Searches, etc.
- Crayons
- Magazines (Time, National Geographic, Newsweek, etc.)
- List of current medications

In order to ensure everyone's safety and comfort on the Eating Disorders Unit, the following items are **not permitted** for use on the unit.

- Aerosol Cans
- Clothing with images/writing of food, drugs, or explicit messages/images
- Clothing with strings (ex. Sweatshirts, sweatpants, etc.)
- Tank Tops (unless arms will be covered when wearing these)
- Shorts or skirts above the knee
- Blankets, pillows, stuffed animals
- Cigarettes, e-cigarettes
- Drugs and drug paraphernalia of any kind
- Razors
- Gum, Candy or any Outside food/beverages
- Hair tools - flat irons, curling irons
- Hair dryers
- Glass containers
- Mirrors
- Cell phones
- Laptops (unless for school use - adolescents only)
- Pens, pencils, colored pencils
- Scissors, safety pins, bobby pins
- Hand sanitizer; alcohol-based mouthwash
- Nail Polish
- Flip Flops
- Socks (safety socks supplied by unit)
- Hats and/or Hoodies
- Jewelry