

# Polytrauma Transitional Rehabilitation Program: What to Bring?

## **Personal Items:**

### ***Clothing:***

- Workout clothes
- Tennis shoes
- Jacket
- Underwear
- Bathrobe
- Swimsuit
- Shower shoes
- Weather appropriate casual clothing (jeans, polo shirts, t-shirts)
- Business attire for vocational settings

In the PTRP Program, patients participate in community re-integration outings. Community re-integration outings are often outdoors, so it is important to bring appropriate clothing for different types of seasonal and weather conditions.

Washers and dryers are available on site for PTRP Program clients to use independently. Assistance will be provided as needed. Laundry soap is provided. If you have personal preference for detergent, you may purchase your own.

## **Personal hygiene products:**

### ***You will need to bring your own personal hygiene products:***

- Soap
- Shampoo
- Shaving cream
- Razors
- After shave
- Toothbrush
- Toothpaste
- Floss
- Mouthwash

***Additional items needed:***

- Cell phone and charger
- Bring a limited amount of cash with you (~\$20.00). There are ATMs and an agent cashier on the campus.
- List of passwords to commonly accessed accounts/applications

**If applicable, bring the following:**

- Hearing aids and batteries
- Arm or leg splints
- Walking devices currently being used
- CPAP/BiPAP
- Feminine hygiene products
- Eye glasses or contact lenses with appropriate solutions
- Alternative communication devices

**Optional items:**

- Lap top computer or tablet (recommended)
- DVDs/CDs/Video Games for XBOX 360, PS3, or Wii gaming systems (Systems are available in the PTRP Program common area)
- Snacks must be sealed and labeled with your name and date on it. This will be stored in a locker provided in the kitchen.
- Preferred blankets/pillows

\*\*Please do not bring valuable items. There is a small locked drawer in your room where you can lock up valuable items.

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**You may NOT bring the following:**

- ***Cigarettes, cigars, vape pens, e-cigarettes***
- ***Weapons of any kind to include small pocket knives***
- ***Personal vehicles***
- ***Alcohol and illegal substances***
- ***Any medications and supplements must be turned into nursing staff upon arrival for MD review***
- ***Candles, plug-in diffusers, etc.***
- ***Appliances must be approved through the admissions coordinator prior to arrival.***