



WHAT ITEMS SHOULD I BRING WITH ME?

★ **Medical Information:**

- A list of all current medicines including over-the-counter medicines, vitamins, and supplements. While you are in the program, staff members store and provide your medicines to you. Please note that when you arrive on the unit, nursing staff will supervise you taking your medicine.
- Bring any prosthetic, orthotic, or assistive devices (i.e. wheelchair, necessary charging equipment, etc.)
- A list of any contacts (family/support persons, providers) that the STAR Program staff may need to contact on your behalf.

★ **Identification:**

- Bring your military ID and a copy of a valid driver's license (if you anticipate driving while in the program).

★ **Documents for Vocational Rehabilitation**

(You may not have all of the items listed, please bring in what you have.)

- Separation Papers (DD 214)
- Performance Appraisals / Fitness Reports / Evaluations Reports
- DD 2586 Verification of Military Experience and Training (VMET)
- Military Training Record
- Training certifications and forms
- Previous resumes or employment forms
- Awards & Citations
- Letters of commendation and letters of appreciation
- College transcripts
- Military transcripts

★ **Personal Items:**

Clothing:

- | | |
|--|-------------------------|
| • Camouflage utilities/ ACUs | • Jacket |
| • Authorized PT Gear (Summer and Winter) | • Underwear |
| • Workout clothes | • Bathrobe |
| • Several changes of clothing (jeans, polo shirts, t-shirts) | • Swim trunks |
| • Business attire for vocational settings | • Tennis shoes |
| | • Flip flops or sandals |



★ **Clothing (Continued):**

- In the STAR Program, patients participate in community outings. Community 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 STAR Program clients to use independently. If you need assistance with laundry tasks, therapists will include laundry duties into your therapeutic plan of care. They will be available to provide assistance. Laundry soap is provided. If you have personal preference for detergent, you may purchase your own.

★ **Personal Care Products:**

- Soap
- Shampoo
- Shaving cream
- Razors
- Aftershave
- Toothbrush
- Toothpaste
- Floss
- Mouthwash
- Eye glasses or contact lenses with appropriate cleaning solution
- Bed linens and towels are provided

★ **Other items:**

- Cell phone
- Laptop computer
- DVD player
- iPod/MP3 or CD player
- DVDs/CDs/Video Games for XBOX 360, PS3, or Wii gaming systems (Systems are available in the STAR Program common area)
- Make sure that you bring all appropriate charging equipment for electronics as they are not available.
- Hospital policy recommends that you bring a limited amount of cash with you (\$20.00). There are ATMs and an agent cashier on the campus.
- Any snacks must be sealed and labeled with your name and date on it.