



PSYCH WARD ESSENTIALS

- ☐ **Clothes without strings**

- ☐ **Your pillow**

- ☐ **Books**

- ☐ **Toiletries**

- ☐ **Brain games**

- ☐ **Snacks**

- ☐ **Stationary**

- ☐ **Slippers**

- ☐ **Water bottle**

- ☐ **Pictures from home**

- ☐ **Your blanket**

- ☐ **Noise machine**

- ☐ **Shower shoes**

Don't bring:

- ☐ **Devices or clothes with cords**

- ☐ **Floss**

- ☐ **Spiral-bound notebooks**

- ☐ **Bags with long handles**
