

North Spring Behavioral Healthcare Personal Belongings Pack List:

- **Clothing**
 - Approximately 10 outfits (pants, shirts, undergarments, socks)
 - Bras cannot have underwire
 - No thongs are permitted
 - All items should fit loosely (do not bring articles that are too small or tight)
- **Pajamas**
 - Approximately 10 outfits for bed
- **Outerwear**
 - Jacket/Winter coat
 - Hat
 - Gloves
- **Shoes**
 - 2-3 Pairs of Sneakers and Shower shoes or flip flops
 - No Boots
- **Personal Toiletries**
 - NS provides toothbrushes, toothpaste, toothbrush holder, deodorant, body wash, shampoo/conditioner, lotion, hair brushes/combs/picks, laundry detergent, and hair gel.
 - You may bring the brands you like but they cannot be in a **glass container** or **contain alcohol**.
 - No aerosol cans
 - No razors
 - No bars of soap
- **Pictures**
 - Pictures can be brought but no frames or hanging hardware can be attached
- **Personal Items**
 - Appropriate reading books, activity books, coloring books, magazines (no staples or metal binding)
 - Coloring/Writing utensils (crayons, markers, colored pencils, drawing pencils, pens may be allowed upon unit coordinator discretion)
 - Pencils must be Golf sized pencils

- Games, playing cards, pokemon cards, magic cards
- Small toys- non-electronic (limited storage space so please keep this in mind) nothing with batteries or magnetic pieces
- One stuffed animal or doll (for younger children)
- **NO MP3 Players, Ipods, Cameras, phones, or stereos**
- **Linen**
 - NS provides sheets, blankets, comforters, pillows, towels and wash cloths.
 - Anything brought from home will be sent back home.
- **Medications**
 - Please bring any current medication the child is taking
- **No Jewelry will be permitted into the building**

*** Per Policy upon Admission all clothing/bedding (even new items with tags) will be run through a 30 minute dryer cycle to ensure that all particles/pests have been eliminated before being placed on the unit. ***

**** Per policy all new Admissions will be required to complete a safety search upon entering the facility where they change into North Spring issued clothing until personal clothing items are washed/dried****