

Conifer Park What to Pack for Your Stay

For your convenience, please use this checklist as you prepare for your stay at our facility.

Please bring only items identified on the list below. All other property will be placed in storage until you are discharged. Laundry facilities are available for your use.

Upon discharge, transportation arrangements can be made by Conifer Park, however you are expected to pay for your ride home.

Upon Admission, All Clients are Expected to Bring:

- Up to \$20 in Cash, Traveler's Checks or Money Orders for Incidentals (*vending machines*). No personal checks.
- Insurance Card and Claim Form (*if required*) • Photo Identification • Social Security Card • Prescription Card

2 BAG LIMIT PER PATIENT

Clothing

- 6 Shirts/Blouses
- 6 Pairs Jeans/Pants/Skirts in Combination
- 7 Changes Underwear
- Bras (females)
- 7 Pairs Socks
- 1 Pair Pajamas
- 1 Robe
- 1 Pair Slippers
- 2 Sweaters
- 1 Outerwear Set (*coat/jacket, gloves, hat, boots*)
- 1 Pair Comfortable Walking Shoes

Exercise Gear (used only at designated exercise times)

- 1 Pair Sneakers
- 2 Pairs Shorts
- 2 Sweatsuits
- 1 Swim Suit (*one piece for women, trunks for men*)
- 1 Pair Flip Flops (for Pool Area Only)

Toiletries/Other

- 1 Container Shampoo (*new/unopened*)
- 1 Non-Aerosol Deodorant (*new/unopened*)
- 1 Bottle Laundry Detergent (*new/unopened*)
- Notebook, Stationary, Stamps, Pens
- Appropriate Books, Novels and Magazines
- Pre-paid Phone Card (*adult patients only*)
- Electric Razor (*disposable razors provided by facility*)
- School Books and Homework Assignments (*Adolescents only*)
- Family photos (*glass must be removed from frames*)

Medical

- Immunization Record (*Adolescents only*)
- Written List of medications or Empty Pill Bottles

Reminders

On July 24, 2008, all OASAS regulated health care facilities in New York State will be tobacco free.

Packages must be mailed to the patient. Absolutely no packages may be dropped off.

Our facility utilizes the Schenectady County Sheriff's K-9 Unit for ground and facility searches

Staff reserves the right to approve or disapprove any other item that may be determined inappropriate for treatment.

Please refrain from packing the following items:

Per new OASAS regulations, cigarettes and other tobacco are now banned from campus.

- Mesh or See-through Clothing
- Low Cut/Tight-fitting Clothes
- Pants, Jeans or Skirts with Holes or Patches
- Uniforms or Scrub Suits
- Graphic T-Shirts Depicting Rock Groups, Alcohol, Drugs, Sex, Violence
- Games, Cards, Posters, Sexually Explicit Pictures
- Alcohol Containing Items (*Perfume, Mouthwash, Cologne, Aftershave*)
- Pillows, Blankets, Quilts, Stuffed Animals, Afghans
- Anything that Could be used as a Weapon will be confiscated and destroyed
- Electronic or Music Equipment (*Cameras, Cell Phones, TVs, Radios, Beepers, Headsets, CD Players, Tapes, CD's, Alarm Clocks, Handheld Video Games, IPODS, Musical Instruments*)
- Sharp Objects (*Scissors, Knives, Nail Clippers, Tweezers, Knitting Needles, Electric Hair Clippers, Nail Files. Emory boards will be provided by the facility.*)
- Over the Counter Medications, including Vitamins, Ointment, Vaseline (*Vaseline is provided by the facility*)
- Q-Tips, Cotton Balls
- White or Loose Powder
- Bleach
- Shoe Polish
- Lighter Fluid
- Aerosol Cans
- Unopened Contact Lense Solution
- Any Brand of Bar Soap (*provided by facility*)
- Food or Drinks of Any Kind will be Confiscated