



Women's Intensive Inpatient Program Packing List

Basic Items Needed:

- ✓ One week's worth of comfortable clothing that is appropriate for the season. We are in Eastern Washington and have all four seasons (max 7 outfits).
- ✓ One week's worth of underwear and socks (max 7 shorts/pants, 7 shirts, and 7 camis).
- ✓ Comfortable shoes (1 pair).
- ✓ Sweater/Sweatshirt (1).
- ✓ Pair of slippers.
- ✓ Shower shoes or flip flops.
- ✓ Sleepwear (max 3 sets).
- ✓ One robe.
- ✓ One jacket or coat- depending on the season.
- ✓ Toiletries, such as toothpaste, floss, toothbrush, hair care products (1 shampoo, 1 conditioner, 1 comb, 1 brush), deodorant (1), and shaving supplies (3 razors maximum). Please bring alcohol-free products.
- ✓ If you use vapes, you must make arrangements to receive them or bring them with you. They must be new, unopened disposable vapes or Zyn pouches.
- ✓ Envelopes and stamps if you wish to send mail.
- ✓ A 30-day supply of medications and doctor authorization for any over-the-counter medications. (All over-the-counter medications must be unopened.)
- ✓ You may also bring:
 - Washable markers or colored pencils (Pen Free Facility).
 - 1 make-up bag worth of make-up.
 - Up to 2 body sprays (must be alcohol free).
 - Up to 4 books.
 - 1 blow hairdryer, 1 flat iron, 1 curling iron, or 1 hair grease.

Items Not to Bring:

- ✓ Food.
- ✓ Alcohol-based perfumes, hair spray or mouth washes.
- ✓ Cell phones or personal electronic devices.
- ✓ Weapons.
- ✓ Scissors or hair trimmers.
- ✓ Magazines of any type.
- ✓ Pillows or blankets.
- ✓ Cigarettes.



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Miscellaneous Information:

- ✓ Washing machines, dryers, and laundry detergent are provided for patient use, free of charge.
- ✓ Mail is delivered to and picked up from the Mailbox Monday through Saturday. You are responsible for your own postage or outgoing mail.
- ✓ Our mailing address is:
 Inspirations
 3300 Roosevelt Ave
 Yakima, WA 98902
- ✓ Any items brought in that are not allowed will be locked up during your stay. You will not be allowed access to these items until you are ready to leave.