# a therapeutic farm community

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## What to Bring to Hopewell

The following is a comprehensive list of what you should bring for your stay at Hopewell. Electronic devices (cell phones, iPods, etc.) will be permitted, however, if issues arise, residents and clinician will review and adjust as necessary. We encourage you to label any and all items you bring to Hopewell to ensure their safe return if lost or misplaced. The following items are prohibited: Zippo lighter, lighter fluid, coffee pot, tea pot, hot plate, air fresheners (including plug in) and/or any other small appliances. Please do not bring other items—your belongings will be checked upon admission.

#### **Pest Control and Prevention:**

Bed bugs are a developing issue across the country particularly in hotels, hospitals and treatment facilities. The best way to protect our community is to limit fabric belongings brought into Hopewell to those that can be run through a hot dryer cycle for 30 minutes. Heating fabric belongings is one effective way that we can prevent a bed bug infestation. Please keep this recommendation in mind as you pack for your stay. Hopewell will not be responsible or liable for any damaged items.

Please pack all personal belongings in plastic bins with lids or plastic bags secured with twist ties or firmly knotted. Cloth suitcases, duffel bags and backpacks are not allowed. Please limit the number of belongings to the items listed below and do not include items that could be damaged in a hot dryer cycle. Hopewell does have laundry facilities that are accessible to residents 24/7. Upon arrival, all fabric belongings will be run through the hot dryer cycle for 30 minutes

#### **TOILETRIES**

Personal care products, including: Toothbrush, toothpaste, and floss

Comb and brush

Curling iron and/or blow dryer

Disposable razors or electric razor and shaving cream

Shampoo and conditioner

Deodorant

Soap

Shower basket

2 sets of towels (body and hand) and washcloths or a loofah

Feminine hygiene products (if applicable)

Nail clippers

Extra blankets and pillows (Hopewell provides a new pillow, sheets, and a comforter.)

## **FOOTWEAR**

Work boots (waterproof) and Rain/Muck boots,

Snow boots (fall/winter)

Comfortable walking shoes and/or athletic shoes Slippers

### **CLOTHING**

Robe, Pajamas

Socks (10 pairs)

Undergarments (10 days worth)

Tops to match the season (sweaters and layers for winter, t-shirts and lighter shirts for summer)

Jeans and/or work pants

Shorts (summer)

Bathing suit (all year)

Outerwear to match the season (rain coat, winter coat)

Scarf, hat, gloves (2 pairs),

Laundry basket

## <u>OTHER</u>

## 1 month supply of current medication

Flashlight

Alarm Clock, Radio, iPod, Laptop, Tablet, Cell Phone, Headphones (please note that headphones are not allowed in dining room, work crew or groups)

Plastic clothes hangers (no wire hangers, please)

Water Bottle