

# START Unit Packing List

401 15th Ave SE, Puyallup, WA 98372  
Unit Phone: 253-697-2450

You are welcome to bring one small suitcase/bag (carry-on size) and a purse or backpack – anything larger will need to be sent back home.

Laundry facilities are provided on-site, and you will wash your clothes once weekly during your stay.

## Please bring:

- ✓ 7 days of comfortable, modest clothing (appropriate for the time of year and machine-washable)
- ✓ Doctor prescribed medications you are currently taking (must be in pharmacy labeled containers)
- ✓ Walking shoes & sandals for the shower
- ✓ Coat/jacket for walks (hat/gloves if seasonally appropriate)
- ✓ Basic toiletries (shampoo, conditioner, soap, deodorant, toothbrush & toothpaste; we also provide limited hospital toiletries as needed)
  - No alcohol-containing products (like mouthwash)
  - No nail polish (or remover), hair dye, or excessive makeup
  - No strong fragrances or perfume
  - No razors, shaving cream, or aerosol cans
  - Basic styling tools OK (comb, brush, blow dryer, curling iron)
- ✓ Small personal items such as a book, journal, magazine, family photos (non-screen items only)
- ✓ Calling card if needed for calls out of 253 area code
- ✓ Written list of important phone numbers

## Do NOT bring:

- ✗ Devices with screens
  - If needed for your travel, a mobile phone can be securely stored while you are admitted
- ✗ Drugs, alcohol, tobacco products, vapes/ e-cigarettes, lighters
- ✗ Car or vehicle (no driving self to facility)
- ✗ Animals or pets of any kind
- ✗ Food, beverages, snacks, candy
- ✗ Weapons of any kind
- ✗ Jewelry, technology, valuables, or cash over \$20
- ✗ Over the counter medication or vitamins (unless you have a prescription)
- ✗ Stuffed animals

**This list is not exhaustive. Any additional items not on this list will be assessed on a case-by-case basis.**