



## HOLY TRINITY – WHAT TO PACK CHECKLIST

### **Documents and Items to Bring:**

- Name and phone number of the Primary Care Physician
- A list of phone numbers of relatives, friends and emergency contacts
- Prescription Plan ID cards
- Living Will or Advance Directives, and power of attorney if applicable.

### **Personal Items:**

- Splints, braces, orthotics
- Hearing aids
- Dentures, supplies and containers
- Preferred toothbrush and toothpaste, if desired. We supply personal products, but residents sometimes prefer their own.
- Favorite personal care products, such as makeup, body powder, aftershave lotion, hair care supplies such as comb or brush, deodorant. There is an on-site beauty salon and barbershop.

### **Clothing:**

- At least one week's worth of clothing, with items clearly labeled with resident's name
- Cozy non-skid socks or non-skid slippers
- Soft-soled rubber or athletic shoes with non-skid soles
- Home-wear such as underwear, pajamas, nightgown, and robe
- Comfortable casual clothes, such as t-shirts, sweatpants, sweatshirts
- Sweater, vest or light jacket, due to tendency of residents to feel cold
- Shorts may be needed for those who have had leg surgery
- A cozy lap blanket or comforter that is machine washable

### **Personal interest items**

Books, tapes, religious texts of choice, puzzles, playing cards, adult coloring books, drawing supplies, a bin of favorite arts and crafts, scrapbooking materials, etc. Radio, TV set, phones and chargers.

Avoid anything that could be a health hazard for residents, such as candles, sharp scissors, knives, or other sharp objects.