

# What to Pack

*If you are suffering from any form of mental illness it might be a good idea to put together a “jump bag” just in case you ever find yourself being admitted to a mental ward for any reason (voluntary or not).*

## Everyone

- paper listing all doctors and psychiatrists names and numbers
- medication list - names, dosages and timings
- list of close friends including phone numbers
- names and numbers of advocacy groups
- names and numbers of lawyers
- Patient Bill of Rights
- good bath products
- deodorant
- sweat shirt
- PJ's (strings will be cut out)
- cool socks (it gets COLD)
- small stuffed animal
- colorful bandages
- checklist of dietary restrictions
- cheap watch with no metal
- robe with no sash
- clean pillow case
- water bottle
- small box of crayons
- composition notebook for journaling
- toothpaste
- tooth brush
- night light
- granola bars (no peanuts!) - or other favorite snack
- piece of dark chocolate
- nicotine patches/ gum
- peppermint gum
- tote bag without long straps
- q-tips
- cotton balls
- air freshener
- candy cigarettes
- magazines
- favorite novels
- rubber ring (if married)

## **Women**

- ▣ bra without underwire
- ▣ perfume
- ▣ nail polish
- ▣ tampons/ pads
- ▣ hair ties
- ▣ lipstick/ mascara

## **Men**

- ▣ cologne
- ▣ beanie