



USEFUL TO BRING

We want our patients to feel comfortable and at home during their stay at Blueridge Vista. We suggest bringing:

- Patient's health insurance and prescription card and all information pertaining
- Current medications including OTC meds and inhalers. If possible, these will be sent home after verification.
- Five sets of comfortable clothing including underwear and socks, several pairs of pajamas or nightwear, a sweater or jacket and one pair of comfortable slip-on shoes.
- Washers and dryers are available on the unit for washing clothes. No clothing should have strings or ties including shoes.
- A pillow (all linens are provided).
- Toiletries such as hair products (comb, brush), oral care (toothbrush, toothpaste alcohol-free mouthwash, denture cup and denture cleaner), eye care (contact lenses, cleaning solution, case, eyeglasses), non-erosal deodorant, soap, lotions. (Blueridge Vista can supply some forgotten toiletries such as XYZ.)
- A small amount of jewelry including wedding band, post earrings and necklaces. Please be aware Blueridge Vista is not responsible for the lost or theft of these items.

Patients may bring the following items, however they will be stay in the personal belongings locker and permitted to be used during assigned times and under supervision:

- Electric razors
- Heated hair tools such as curling irons, hair dryers and straighteners
- Cosmetics



DO NOT BRING

Upon admission, we ask that our patients surrender or not bring:

- Devices such as computers, iPad's, Kindle's, iPod's or anything that can access the internet
- Radios, TV's, CD or tape players, handheld video games or recording devices
- Cell phones. If you have a cell phone with you, we will keep it in the safe until you are discharged.
- Items containing alcohol or illicit drugs
- Weapons, guns, knives, ammunition, scissors, sharp metal or glass objects. Blueridge Vista reserves the right to determine if certain objects are considered weapons and therefore dangerous to patients or staff
- Picture frames (pictures are permitted)
- Clothing items displaying logos of drugs or alcohol or images conveying drugs or alcohol
- Food and drink items
- Tobacco products
- Aerosol sprays, flammable liquids, lighters or matches
- Pornographic materials
- Rope, string or yarn (shoes with strings are permitted)
- Spiral or wire-bound notebooks
- Hosiery
- Nail polish, files or nail polish remover

NOT PERMITTED

For the safety of all patients during their stay at Blueridge Vista, the following items are not permitted on the hospital unit:

- Outside food, candy or gum
- Cell Phones
- Handheld video games
- Radio, TV's, CD players, tape players, PDA or laptops
- Glass, metal or hard plastic objects or containers
- Aerosol sprays or flammable liquids
- Lighters or matches
- Guns, knives, weapons, ammunitions

