

What to Bring: Inpatient Program

Please review this guide as you prepare to join our inpatient program. Feel free to reach out to Walden's Welcome Center if you have any questions. We are here for you every step of the way.

Necessary Items

- Patient's Health Insurance Card
- Patient's Photo Identification
- List of Current Providers & Phone Numbers
- Credit Card
- List of patient's current medications, including over-the-counter medications

Clothing

- Comfortable clothing including underwear, socks and pajamas (without drawstrings and no leggings)
- Warm clothing including long-sleeve shirts and pants
- Please note: skirts and shorts are allowed but must be knee-length or longer

Optional Items

- Other comforting items (e.g. weighted or personal blankets, small stuffed animals, etc.) Any blankets or stuffed animals are put into the dryer for 20 minutes upon arrival.
- Hygiene products and/or shower caddy (if needed, products to meet basic hygiene needs can be supplied)
- Books, personal journals (not wire bound), crossword/word search/Sudoku
- Cell phones and tablets, which can only be used at designated times with approval

Items Walden Provides

- Blankets
- Pillows
- Comforters
- Towels
- Writing materials
- Washer and dryer

What Not to Bring

To maintain safety throughout your stay on our inpatient units in Massachusetts, we remind you that the following items are not allowed:

- Leggings/stretchy pants
- Wallet/large sums of cash
- Drawstring clothing
- Shoelaces
- Belts
- Sharp items/glass items/mirrors
- Cords
- Razors
- Jewelry
- Skirts or shorts above knee length
- Tank tops
- Chemical hair removers
- Aerosol containers/products (e.g. hairspray)
- Alcohol-based products
- Bar soap
- Loofa
- Illegal drugs/alcohol
- Lighters/matches
- Knitting needles/crochet hooks/yarn
- All makeup
- Juuls, e-cigarettes, vape pens and/or kits
- Cameras
- CD player, radio

We ask you to be thoughtful about what you bring and encourage you to not bring items that are of high value, can be broken or damaged easily, or are irreplaceable. We recommend that you not bring large amounts of cash. Walden Behavioral Care is not responsible for the replacement or cost of lost items.