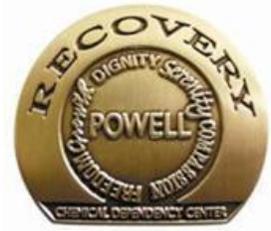


Powell Chemical Dependency Center

Inpatient Packing List



What to Bring

Current prescription medications in original pharmacy bottle with information label intact. List of all medications and dosages

Current insurance card(s) and driver's license/social security card

List of names, addresses phone numbers (family, sponsor, others involved in your treatment i.e., attorney, DHS, probation, parole)

Clothes- 3-4 days-worth including pajamas/robe, undergarments, socks, sweater, or sweatshirt. (Washer/dryer is provided)

Comfortable shoes (tennis shoes, slippers, shower shoes)

Hair dryer, curling iron, brush, comb

Toothbrush, toothpaste, shampoo, razor, shaving cream, deodorant, feminine products

Optional-Soft drinks and snacks in original, unopened packages (no home-made items) No energy drinks. All meals & snacks provided through hospital room service

What Not to Bring

Drugs, alcohol, tobacco, including vape devices (nicotine patches & gum available)

Weapons of any kind (including pocketknives)

Cell phones (Will be locked at nurse's station-landline phones available)

Pillows, blankets, stuffed animals

Towels & bedding

Expensive jewelry

Gaming devices of any kind

Revealing clothing or clothing with profanity, alcohol, drugs, violence, sexually explicit themes

Any electronic device with recording capability (confidentiality purposes)

Cameras

Energy drinks

Aerosols

Items that contain alcohol, acetone (perfumes, nailcare products etc.)

Iowa Lutheran Hospital
700 East University Ave.
Des Moines, Iowa 50316
515-263-2424 phone
515-263-2463 fax