



VISTA GRANDE VILLA  
HEALTH & REHAB

# Road to \_\_\_\_\_ **RECOVERY**

## Not sure what to pack?

Use this helpful list to ensure you have everything you need during your stay.

### Medicare & Insurance Cards

#### **CLOTHING:**

- Multiple sets of comfortable clothing, i.e. tee shirts, athletic pants, or shorts if you have had leg surgery. If Vista Grande Villa Health & Rehab will be providing laundry service for you,\* please bring at least seven outfits.
- Soft shoes you plan to wear home.
- Undergarments and socks.
- Pajamas and non-skid house slippers.
- Everyday outerwear, i.e. button- or zipper-front shirts or jackets to help you practice dressing.

#### **TOILETRIES/PERSONAL ITEMS:**

- Your personal hygiene products. Vista Grande Villa Health & Rehab will provide shampoo, conditioner, toothpaste, and nail care items upon admission. However if you have special preferences for any of these, please bring them with you.
- Hairbrush and/or comb.
- Make-up/cosmetics.
- Dentures, partials, and/or glasses, if applicable.
- Books, magazines, cards, laptop or tablet (free Wi-Fi is available).

*Please do not bring any valuables, large amounts of cash, or medications.*

\* Depending on your preference, laundry can be provided by Vista Grande Villa Health & Rehab staff, or your family. If you choose to have Vista Grande Villa Health & Rehab launder your items, your nurse will have them identified with iron-on, personalized labels.

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