

Get Ready For Your Stay

***Please bring the following items:**

Clothing



— **3** pairs of pants or shorts
(comfortable for therapy)



— **3** shirts/tops (depending on your condition, consider if zippers, snaps, buttons or overhead will be most conducive to your recovery)



— **6** pairs of underwear



— **3** comfortable bras



— **6** pairs of socks



— Good, solid, non-skid shoes for walking



— Pajamas



— Slippers with non-skid bottoms

Personal Items



— Toothbrush



— Electric razor



— Personal electronics - if you use an iPhone, laptop or tablet, please supply your own



— Toothpaste



— Make-up



— Brush/comb



— Blow dryer (only if you use one)



— Credit cards - to purchase additional drinks and snacks on our Hospitality Cart each evening



MEDICATION

Prior to your discharge from the hospital, ask to receive your final scheduled medications, especially pain medications, as it is CRITICAL to your comfort and care during the transition to Thrive.



VALUABLES

Please leave jewelry, cash and valuables at home. Please secure any valuables you do bring to the Center in the safe in your suite.



LAUNDRY

During your stay, most guests ask their family or friends to do their laundry, although our private laundry services are available.



TRANSPORTATION

The hospital will coordinate your transportation to Thrive. This is done by an ambulance (if medically necessary), a Medicar or a family member if the patient is capable.

Our guests average length of stay is approximately 2-3 weeks. However your stay will be customized to fit your needs.

*If you are unable to get the items you need, your family can drop them off at our center.