

## What to bring to the 3B1 Adolescent Unit

These guidelines help us keep all patients & families comfortable and provide a safe environment for everyone on the unit. Please review these lists with your nurse when you arrive.

### ✓ What you MAY bring

#### These items are PERMITTED on the unit

- Clothing: sweatpants (without ties), jeans, t-shirts, sweatshirts, pajamas, socks, underwear, slippers, running shoes
- Toiletries: shampoo, deodorant, soap, toothbrush, toothpaste
- Electronics (without cameras): MP3 player, iPod shuffle, e-readers (such as Kobo, Kindle)
- Laptops & Tablets  
These may be used for school work only. You can use your laptop while your parents are here and during school hours in the lounge (supervised by staff). Outside of school hours, these items will be locked securely in the patient lounge
- Personal items: your own pillow, comforter and 2 comfort items (such as stuffed animal, blanket). Please be mindful of the limited space
- Any school work
- Books for reading and sketching

### ✗ What you may NOT bring

#### These items are NOT PERMITTED on the unit and will be sent home with your family

- Cell phones, iPods, cameras & digital recorders
- Sweatshirts with pockets or hoods (hoodies), sweatpants with ties, belts
- Perfumes, body sprays and scented lotions
- Blades of any type, including pencil sharpeners and razors
- Hair straightener, blow dryer, curling iron
- Gum, mints & candies
- Food from off the unit (unless directed by your health care team)
- Tissues (Kleenex)
- Your own medications (unless directed by your health care team)
- Glass vases, planters and picture frames
- Garbage bags & cans
- Lighters, matches & candles
- Restricted substances, including alcohol, cigarettes, cannabis & illegal drugs
- Mirrors – including those in compacts
- Stapler, scissors, knitting needles

During your stay, please do not stick or tape anything to the walls and windows as this can damage these surfaces. Garbage receptacles are available in the nursing station and are not permitted in patient rooms.

**If you have any questions about these guidelines,  
please feel free to speak to your nurse.  
3B1 Adolescent Unit : 905-521-2100, ext. 73289**