



INPATIENT ADMISSION CHECKLIST

Welcome to Tellurian

It is our goal to make sure that your admission goes smoothly and you are as comfortable as possible. Please bring the following personal items and necessary documents with you when you arrive. If you have any questions regarding items on this list, please contact our Admissions Department at (608) 222-7311, ext. 104 or email us at PatientServices@Tellurian.org.

What to bring with you:

- Photo ID.
- Insurance ID card.
- Latest medical information as directed.
- Photocopies of your most recent psychiatric evaluation and psychological testing reports, if available.
- Photocopy of the discharge summary from your last inpatient stay, as applicable.
- Names and telephone numbers of current outpatient providers, such as primary care physician, psychiatrist, addiction counselor and mental health therapist.
- Written list of prescribed medications, any over the counter medications, vitamins or supplements that you take on a routine basis.
- Supply of current prescribed medications in their original container (or unit dose packaging) in case we face any difficulties arranging medication supplies when you are admitted. Please have your doctor FAX over medical orders for all of your prescriptions to (608) 222-5904.
- \$10 in cash or credit card for spending on personal care items or on the costs of outings. We have a safe available for your use, but bringing along valuables or a significant amount of cash is not recommended.
- Personal hygiene items (toothpaste, toothbrush, shampoo, comb, deoderant, cosmetics, etc.). No alcohol-based products are allowed.
- 5-7 days of proper clothing for indoor and outdoor group activities (washer and dryer are available for use):
 - Proper footwear
 - Outdoor seasonal clothing (jacket, hat, gloves, boots)
 - Flexible clothing for practicing yoga / stretching / exercising (gym shorts, athletic shoes)
 - Shower shoes (i.e. flip flops)

Recommended Items:	Optional Items:	Items Not Allowed:
<ul style="list-style-type: none"> <input type="checkbox"/> Comfortable clothing appropriate for the season. Clothing and jewelry which refer to alcohol, drugs or tobacco, or promotes violent behavior are not allowed <input type="checkbox"/> Robe, slippers, appropriate sleepwear <input type="checkbox"/> We provide linens (towels, washcloths, sheets, comforter and pillow); however, you may bring your own if it makes you more comfortable <input type="checkbox"/> An alarm clock <input type="checkbox"/> A watch 	<ul style="list-style-type: none"> <input type="checkbox"/> Stationary, stamps and envelopes <input type="checkbox"/> Pens, pencils and notepads <input type="checkbox"/> Reading materials (books, magazines, Kindles – cannot have a camera or internet access) for relaxation. Staff may disallow for inappropriate content. <input type="checkbox"/> MP3 player (cannot have a camera) <input type="checkbox"/> 30 day supply of nicotine products: smoking is permitted in designated areas, however nicotine is not sold on the premise <input type="checkbox"/> Snacks (there is a microwave, refrigerator and freezer available) <input type="checkbox"/> Cash for soda vending machines <input type="checkbox"/> Pictures of family / friends <input type="checkbox"/> Personal items that will make your stay more comfortable 	<ul style="list-style-type: none"> x Any items restricted by law x Candles or incense x TVs, DVD Players, Video systems, Cameras, Computers, and Cellphones x Drugs, alcohol or paraphernalia x Weapons x Inappropriate or offensive materials x Expensive jewelry x Heating pads or electric blankets x Automobiles

*Staff will ask a family member to take home any items brought to Tellurian that are not allowed.