

# Service Member Packing List

## Poplar Springs Hospital

350 Poplar Drive

Petersburg, VA 23805

Phone-804-733-6874

Fax-804-862-6315

ITEM#	DESCRIPTION	QUANTITY
1	Civilian clothes- must be appropriate; no tight fitting or revealing clothing	7-10 day supply
2	Swimsuit-( MAY- SEPT.- one piece for females)	1
3	Flip-Flops, Shower Shoes	1 pair
4	House Slippers	1 pair
5	Closed Toe Shoes without laces; 1 pair of Running Shoes with laces for PT is allowed.	2-3 pairs
6	Hygiene Supplies	28 day supply
7	Tobacco (If used)	28 day supply
8	MP3 Player (With No Camera or Recording Device); Wireless Headphones Required; MP3 players are to be used under the supervision of staff.	
9	Linen, if you have a preference; however it is supplied	
10	Cash- no more than \$5 and/or debit/credit card	
11	List of important/point of contact phone numbers	
12	Chain of command important phone numbers	
13	List of current medications	