

REHABILITATION WHAT TO BRING



Items Needed During Rehabilitation

- ☐ 5-7 sets of personal clothing: *Make sure to bring loose athletic sweatpants or shorts and swimwear (no jeans). Shirts should be stretchy and/or with v-neck so they fit over cervical collars, braces, etc.*
- ☐ A jacket or sweater
- ☐ Shoes: *Choose shoes that are 1-2 sizes larger and wider than your pre-injury shoe size to allow for swelling of feet.*
- ☐ Slippers: *Bring a pair of loose-fitting slippers with a solid bottom to be worn if shoes are found to be leaving pressure on your feet. Choose those that cover the back of the heel completely with a high back.*
- ☐ Socks: *Avoid thick socks or elastic that is too tight as you may have swelling in your feet.*
- ☐ Hat and sunglasses
- ☐ Lightweight throw or blanket
- ☐ Personal toiletries including sunblock
- ☐ Personal mementos for your room

Helpful Tips

- Save your receipts for clothing items. You may have to try a few items until you find the ones that will work for you specifically.
- Patients will want to have their own clothing for therapy in order to adjust to what they will wear at home.
- Bring clothes that can be layered; our weather in Colorado changes often.
- We have basic hospital toiletries, but if you have favorite brands, you may bring those as well as makeup and shaving gear.
- Bring pictures of family, pets, and friends to make your room feel more like home.
- Label all your belongings before arriving so you can keep track of your personal items.



Patients are invited to decorate their rooms with items from home.