

What Should I Bring?



To make your stay more comfortable while you are here at Alden, we suggest that you bring the following items with you:

- Your driver's license or picture ID
- Your insurance and/or Medicare cards (a copy of the front and back of each card would be fine)
- Your pharmacy's phone number
- 1 pair of comfortable gym shoes
- 2-3 shirts and sweatshirts for therapy
- 2-3 pairs of loose fitting shorts (especially important for those who have had knee replacement)
- Loose fitting underclothes (especially important for those who have had a hip replacement)
- Pajamas (hospital gowns are available, if you prefer)
- Personal toiletries (toothbrush, toothpaste, body wash and razors are available if you forget)
- Bag or shower caddy to carry and store items
- Personal entertainment devices such as MP3 players or laptops (Alden has wireless internet capabilities)
- Reading materials (a complimentary copy of the newspaper is always available in the Front Lobby)