

### **PACKING LIST– VIRTUAL INTRODUCTION PROGRAM**

The packing list for entering residence at Hopewell, available [here](#), is the correct place to start in packing for our virtual introduction program.

Below are additions to it related to our Virtual Introduction to Hopewell program.

#### **Telehealth equipment**

A key part of our Virtual Introduction program is beginning our clinical relationship and our orientation to Hopewell while a prospective resident is in their quarantine.

Thus prospective residents—and those who may be accompanying them—should bring Wi-Fi capable laptops or tablets that include microphones, camera, and speakers.

They should also confirm that their chosen location has available Wi-Fi. (Hopewell’s Depot has Wi-Fi.)

#### **Clothes, linens, towels, and such**

Unless you are sure that your chosen location has washer/dryer in the space you will be living in, make sure to bring enough clothes, towels, bed linens, and such for 14 days. Also bring a thermometer for daily temperature checks. Bring pillows as well, especially if you are staying in our Depot!

While we do have laundry facilities at Hopewell’s Depot, with one exception, we will not be allowing access to them, as they are all shared. The exception is that on arrival we will ask you to leave all fabrics you have brought in trash bags out on the porch so that one of our staff, in full PPE, can collect them and run them through a hot dryer for 30 minutes as a bed bug precaution.

#### **Food, appliances, and food preparation**

Please confirm ahead of time what appliances and food preparation, cooking, and serving equipment and utensils that will be available in your place of quarantine.

Please arrive at your place of quarantine with enough food, drinks, tools, and food-related cleaning supplies to cover your full fourteen days.

The simplest way to do this and to actually confirm that you have everything you need is to plan your menus for 14 days, and then base your shopping, and any supplementary appliances or utensils you may need, on that plan.

Menus planned around dry goods (beans, rice, pasta, cereal, snacks), canned goods (fruits, vegetables soups) and frozen goods (entrees, meats, vegetables, etc.) will be simplest to shop and transport.

Remember drinks, snacks, cleaning supplies, condiments, herbs, spices, sauces, and the like!

Bring any appliances, prep, cooking or serving gear that your place of quarantine does not provide.

Note that an overview of what you can find at our Depot for food prep, cooking, and serving is available on our website.

### **Fresh food**

Those coming from a distance may wish to stop just before arriving at their location of quarantine to purchase fresh food items.

If your location is near Hopewell, we will be able to provide suggestions on grocery options near your final location.

In case you run out of anything, or forgot to pack it, Hopewell's Depot is served by Instacart delivery from an Aldi in Middlefield, Ohio. If your location is near Hopewell, we will be able to provide suggestions on grocery delivery options that serve that location.