



**ARLINGTON WEST**  
CARE CENTER

## SUGGESTED PACKING LIST

At Autumn Lake at Arlington West we encourage residents to bring along items from home to create a more personal environment.

- 10 complete changes of clothing (undergarments, socks, slacks or skirts, shirts).  
*Clothing should be easy to put on and off.*
- 2 warm sweaters
- 4 sets of pajamas
- Comfortable shoes
- Sneakers
- Slippers
- Bath shoes
- Robe
- Decorative touches, such as photos of family & friends
- A soft, warm lap blanket
- 3 sets of workout gear (sweatpants or leggings, t-shirts)
- Personal care items

*Good care. Good times.*

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