

AE-104

What to Pack

A practical packing list for move-in day, including items that must stay at home.

Rooms at Aeternum come furnished with a bed, linens, dresser, and closet space. Everything else is what makes the room feel like yours. Pack for about ten days of clothing – laundry facilities are in the house and available several times a week.

Please note – Label everything with the resident's name. Storage space is generous but not unlimited; families can bring seasonal items later as the weather changes.

Clothing

- ☐ 7-10 days of everyday clothing
- ☐ Sleepwear and a robe
- ☐ Underwear and socks for 10 days
- ☐ Comfortable walking shoes and a second pair of shoes
- ☐ Slippers or indoor shoes
- ☐ Rain jacket or waterproof coat, and a warm layer
- ☐ Hat, gloves, and an umbrella for Oregon winters
- ☐ Exercise or activity clothing
- ☐ One outfit for appointments, worship, or special occasions

Personal care

- ☐ Toothbrush, toothpaste, floss
- ☐ Shampoo, conditioner, body wash, deodorant
- ☐ Hairbrush, comb, and any hair care products
- ☐ Shaving supplies (electric razors preferred)

- ☐ Skin care, lotion, and any cosmetics
- ☐ Feminine hygiene products
- ☐ Denture care supplies, if applicable

Health items

- ☐ All current medications in original labeled pharmacy containers
- ☐ Written medication list with doses and times
- ☐ Eyeglasses, contacts and solution, or a spare pair
- ☐ Hearing aids, batteries, and charger
- ☐ CPAP machine, mask, tubing, and distilled water supply
- ☐ Mobility aids such as a cane, walker, or brace
- ☐ Blood glucose meter, test strips, or other monitoring equipment
- ☐ Insurance, pharmacy, and provider contact cards

Comfort and personal items

- ☐ Family photos and framed pictures
- ☐ A favorite blanket, quilt, or pillow
- ☐ Books, magazines, journals, and pens
- ☐ Puzzles, art supplies, knitting, or other hobbies
- ☐ Cell phone and charger, per house policy
- ☐ Headphones
- ☐ A small amount of spending money
- ☐ A plant, mug, or small item that makes the room feel like home

- Weapons of any kind, including firearms, ammunition, and knives beyond kitchen use
- Alcohol, cannabis, and illegal substances
- Medications not prescribed to the resident, including borrowed or expired medications
- Over-the-counter medications, vitamins, or supplements that have not been reviewed with the prescriber and staff
- Candles, incense, lighters, matches, and open-flame items
- Space heaters, hot plates, and other high-heat appliances
- Aerosols, solvents, and flammable cleaning products
- Glass containers in bedrooms, where a safety concern exists
- Large amounts of cash or valuable jewelry
- Pets, unless approved in advance as a service animal or house pet
- Tools, cords, or equipment identified as a safety risk in an individual plan

Valuables and money

Aeternum is a home, not a hotel, and we cannot guarantee the security of high-value items. We recommend leaving valuable jewelry, collectibles, and large sums of money with family. A locked personal drawer is provided in each bedroom, and the home can hold small amounts of spending money with a written record that residents and families may review at any time.

Electronics

Cell phones, tablets, laptops, and personal music devices are generally welcome. Use follows the house agreements around quiet hours, privacy, and photography of other residents. Some individual support plans include agreed-upon limits; those are discussed with the resident, never imposed silently.

Questions before packing

Call the house at (971) 317-2199 or the office at (781) 309-8976. If you are unsure about an item, bring it and ask — staff will review it with you rather than turning it away at the door.