

What to Bring: Your Packing Checklist

Identification & Documentation

- **Photo ID:** A valid form of identification, such as a driver's license or passport (optional).
- **Insurance:** Your current insurance cards.
- **Contact List:** Names, addresses, and phone numbers for loved ones, healthcare professionals, or sponsors involved in your treatment.

Medication Policy

- **Prescriptions:** All current medications must be in their original pharmacy containers with intact labels.
- **Liquid Medications:** Must be new, unopened, and factory-sealed.
- **Medication Log:** A complete list of all medications, including specific dosages.

Clothing & Personal Care

- **Daily Wear:** Pants, shorts, t-shirts (no drug/alcohol references), long-sleeve shirts, and sweatshirts.
- **Footwear:** Comfortable shoes, slippers, and socks.
- **Essentials:** Undergarments and pajamas
- **Outerwear:** A coat or jacket and a hat.
- **Special Occasions:** One or two "dressy" outfits for visits or church.
- **Hygiene Products:** Deodorant, lotion, toothbrush/toothpaste, shampoo, conditioner, soap, and shaving cream.

Personal Items & Electronics

- **Writing Materials:** A notebook or journal, plus stamps and envelopes for mail.
- **Photos:** Pictures of loved ones for your room.
- **Alarm Clock:** Must plug into the wall and cannot connect to the internet.
- **Tobacco/Nicotine:** You may bring cigarettes **or** a vape, but not both.
- **Small Cash:** A limited amount for essentials like tobacco products or small necessities.
- **Snacks:** Only individually wrapped snack items.

Prohibited Items (What Not to Bring)

To ensure a safe and focused environment, please do not bring the following:

- **Valuables:** We recommend leaving jewelry and valuables at home; we are not responsible for loss or damage.
- **Substances:** Drugs, alcohol, narcotics, or unapproved prescriptions.

- **Restricted Electronics:** Battery-operated devices, internet-enabled devices, televisions, or gaming consoles.
- **Safety Hazards:** Weapons (guns, knives, scissors), aerosols, cleaning supplies, candles, or incense.
- **Alcohol-Based Products:** Mouthwash, perfume, or other toiletries containing alcohol.
- **Clothing Restrictions:** Items that are revealing, ripped, or feature profanity/drug references.
- **Miscellaneous:** Protein supplements, nail products, video games/DVDs, sporting equipment, or outside linens/bedding.