



WHAT TO BRING

- A list of names, addresses and phone numbers of those you wish to have involved in your treatment (loved ones, healthcare professionals, 12 step sponsors, etc.)
- Jewelry that you wear every day and consider to be a necessity, like your wedding ring or a watch. Otherwise, leave valuable items at home.
- An alarm clock that does not have a radio
- Your current prescription medication in the original pharmacy bottle with the information label intact. Any liquid medications must be new and sealed. You should also bring a list of all your medications and dosages.
- A small amount of cash (\$50 to \$100 in smaller bills for store runs, vending machines, etc.).
- Your insurance cards and a form of identification (driver's license, passport, etc.).
- A notebook or journal
- Stamps and envelopes if you wish to mail letters
- Pictures of your loved ones to keep in your room or wallet
- Appropriate clothing such as:
 - Pants and shorts
 - T-shirts (nothing with references to drugs or alcohol), long-sleeve shirts, sweatshirt
 - One or two "dressy" outfits for special occasions, like Family Night
 - Socks, undergarments, a belt
 - Pajamas, bathrobe, slipper
 - Outerwear like a coat/jacket, a hat
 - Comfortable shoes
- Personal Hygiene Products like:
 - Deodorant
 - Lotion
 - Toothbrush and Toothpaste
 - Shampoo and Conditioner
 - Soap
 - Shaving Cream



WHAT NOT TO BRING?

- Drugs and alcohol, narcotics, or prohibited prescriptions
- Weapons (guns, knives, scissors, sharp objects, etc.)
- Pornography
- Food or drinks
- Toiletries and beauty products that contain alcohol (mouthwash, perfume, etc.)
- Electronic cigarettes
- Unapproved or previously opened OTC medications
- Nail polish, polish remover or synthetic nail related products
- Video games and DVDs
- Sporting equipment
- Revealing, dirty, or ripped clothing or clothing with profanity or references to drugs, alcohol or violence
- Aerosols
- Cleaning supplies (bleach, ammonia, etc.)
- Electronics (televisions, gaming consoles, etc.)
- Games and playing cards
- Candles and incense
- Linens such as bedding or towels; these will be provided weekly