



WHAT TO BRING

Please bring two weeks' worth of clothing. You can do your laundry on site. There is a house phone that you will be able to use and, after 60 days, you might qualify to use your cell phone. Bring anything that may make you feel comfortable and at home. Here are some suggestions:

- Jeans, casual slacks, Shorts
- Sports shirts, t-shirts, or other shirts
- Skirts, dresses
- Jogging suits
- Sleepwear, socks, bras
- Flat-soled or tennis shoes are recommended
- Sunglasses and hats for outdoor activities
- Clothing appropriate for job search
- Towels and washcloths
- Money for personal items and toiletries
- Postage stamps
- Cellphone – which can be approved by clinical during your stay
- iPod, MP3, or handheld gaming devices
- Shampoo, deodorant, toothpaste, shaving razors, nail clippers
- Hairbrush and/or comb
- Body wash, Wash Cloth and/or Loofa
- Curling iron, hairdryer
- Make-up, body spray, hairspray, hair gel, cologne, and perfume
- Personal snacks or food – junk food and sugary drinks are allowed in moderation
- Any hobbies, such as knitting, artwork, reading material, yoga mat, crafts
- Bring AA Big Book, NA Book, or other recovery-focused material
- Pens, pencils, and paper/notebooks as you will need these for groups
- Photo ID, Social Security Card, insurance ID
- Cigarettes or closed vapes if you smoke. Closed vapes are vapes that come prefilled. Juice vapes are not permitted. Tobacco Pouches are permitted.
- Photos for your room/wall
- Medical equipment needed such as walkers, epi-pens, inhalers
- Laptop – this may only be used after 60 days or when approved by your treatment team
- \$50 or less. Debit and/or Food Stamp Card. You will be able to shop weekly for personal items.
- Band-Aids
- You are permitted to bring your vehicle if you have proof of insurance

MEDICATIONS

- If you are coming from home, bring all medications.
- If coming from a hospital, only bring your scripts. **DO NOT** get them filled ahead of time.
- All medications needed during your stay will be filled through our pharmacy and delivered to your site.
- Bring any other over-the-counter medications that you think you might need during your stay. This includes Ibuprofen, Tylenol, cold medicines, and vitamins.
- Medications not in their original container are not permitted

WHAT *NOT* TO BRING

- Clothing that depicts alcohol, drugs, sex, violence, or gambling is not permitted.
- No half shirts
- Snuff Tobacco and Rolled Tobaccos are prohibited.
- Valuables
- Weapons or items that are typically used as weapons
- Drugs and/or drug paraphernalia
- Sex Toys
- Pornographic materials or pictures
- Pets
- Candles, Incense
- Camera's, TV's