

What to Bring to Treatment

Required Items:

- All current and prescribed **medications (they must be in original prescription bottle)**
(As-needed medications such as ibuprofen and Tylenol are provided)
- **Insurance cards**
- **EBT card** (if you receive food stamps)- We utilize to offset the cost of treatment
- **APPROVED clothing and miscellaneous Items**

Admissions staff will go through all belongings upon entry to the facility to inventory all items brought into the facility. All items will go through the Heat room for 4 hours.-

Anything over approved amounts must be sent out with your ride to treatment or they will be donated. We cannot store items.

Approved Items to bring:

- Shirts/tops (7)
- Pants/jeans/leggings (7)
- Pajamas / sleepwear (3 sets)
- Underwear (10)
- Socks (10 pairs)
- Sweater or hoodie (2)
- Closed-toe shoes (1 pair)
- Shower Shoes/Flipflops (1 pair)
- Seasonal Outwear, if applicable:
 - Coat , Gloves and hat (1 of each)
- Toothpaste (alcohol-free) (1)
- Toothbrush
- Shampoo (alcohol-free) (1)
- Conditioner (1)
- Body wash or bar soap (1)
- Deodorant (no aerosol) (1)
- Hairbrush or comb (1)
- Hair ties/clips (1)
- Feminine hygiene products (2 boxes)
- Glasses / contact lenses + solution
- Makeup (only enough to fit in 6x9 or smaller makeup bag)

Self-Care

- Journal or notebook (1)
- Books or Recovery Literature (3)
- Small photos (non-explicit) (5)
- Wallet (no chains) (1)
- Clear, reusable water bottle (1)
- Cash-(Optional)- vending machine takes dollar bills and change
 - WE ARE NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS

Items not allowed:

- Cell phones or Wi-Fi-enabled electronics
(Stored securely and returned at discharge/graduation)
- Tobacco products of any kind
(This is a tobacco-free facility; prohibited items will be destroyed)
- Nail Polish/nail polish remover
- Hair Dye
- Candles, incense, lighters, or matches
- Weapons - firearms, knives, pepper spray, tasers
- Sharp objects - razors, box cutters, knives, scissors

Important Belongings Policy

- Belongings must be picked up within **5 business days** if you leave treatment
- After 5 business days, items will be **donated or discarded**
- Anything over the approved amount needs to be sent out with ride or they will be donated. You will not be allowed to store extra items.

Accommodations

Please let us know if you need accommodations such as:

- Reading or writing assistance
- Large-print materials
- Mobility or wheelchair access
- Other accessibility needs