



LIGHTHOUSE
RECOVERY CENTERS



» WHAT TO BRING

PROVIDED BY US

- Towels
- Bed linens
- Washer/dryer

WHAT NOT TO BRING

- Space is limited, so any items in excess of what is necessary will be placed in storage.
- Electronics including iPods, iPads, CD/DVD players, video games, cameras, PDAs and/or computers/laptops are not permitted.
- Patients can use facility phones at designated times. Cell phones are maintained with locked patient valuables and available upon desecration of treatment team
- Weapons of any kind
- Alcohol, illicit drugs, sedatives, muscle relaxants, energy bars/drinks
- Mouthwash, perfume or other personal care items that contain alcohol
- Magazines or newspapers that contain pornographic or other inappropriate material
- Revealing clothing or clothes with alcohol/sexual/derogatory drug messages or logos
- Swimsuits

FINANCIAL/MEDICAL

- ❑ Valid photo ID (government issued ID, driver's license, passport, etc.)
- ❑ Insurance subscriber information (name, contact info, Social Security number, date of birth)
- ❑ Pharmacy benefit cards/Rx card (if applicable)
- ❑ Approved medications in original bottle with patient name, medication name, dosage and frequency. (NOTE: all medications must be approved by a medical provider and are maintained by staff. Please fill prescriptions for non-addictive medications prior to admission.)
- ❑ Any relevant medical records from current or previous treatments.
- ❑ Contact information for personal physician, psychiatrist, psychologist, therapist, personal contacts and emergency contacts.

- ❑ Personal hygiene products (including hair dryer and curling iron, if desired; toothbrush, toothpaste, bath soap, lotion, shampoo, conditioner and deodorant (alcohol-free))
- ❑ Address book with phone numbers and/or addresses
- ❑ If you smoke, smokeless tobacco will be used in the same manner as regular cigarettes. All tobacco products must be unopened and in sealed packages in order to be allowed into the treatment environment.

VALUABLES POLICY

You are encouraged to leave personal valuables at home. We will secure small personal items such as a cell phone and wallet in the business office to be returned to you when you discharge. You may be asked to ship personal items home.

PACKING LIST

- ❑ Seven sets of clothes to include :
 - ❑ 7 pairs of underwear
 - ❑ 7 pairs of comfortable pants such as jeans
 - ❑ 7 shirts (T-shirts, polos, button-downs, etc.)
- ❑ 3 pairs of exercise shorts or pants
- ❑ 3 exercise shirts
- ❑ Sunglasses, sunscreen and sunhats

Do NOT pack short shorts or skirts, tops that expose the midriff in any position, tops with straps, revealing clothing, clothing that promotes gang themes, clothing with alcohol / derogatory / sexual / drug logos, or clothing that would be deemed offensive.

CLOTHING/PERSONAL ITEMS