



## WHAT TO BRING

### PROVIDED FOR YOU:

- Towels
- Bed linens
- Washer/dryer

### DO NOT BRING:

- Space is limited, any unnecessary excess items will be placed in storage
- Electronics such as iPods, iPads, CD/DVD players, video games, cameras, PDAs, and/or computers/laptops are not permitted
- Patients are permitted to use facility phones at designated times. Cell phones are stored with patient's other locked items and are available upon the discretion of the treatment team
- Weapons of any kind
- Alcohol, illicit drugs, sedatives, muscle relaxants, energy bars/drinks
- Mouthwash, perfume/cologne, or any other personal hygiene items that contains alcohol
- Magazines or newspapers that contains pornographic or any other inappropriate material
- Revealing clothing or clothes that have graphics, logos or text with subjects related to alcohol, sex, and derogatory or drug related messaging
- Swimsuits (unless for swimming purposes only)

## INPATIENT FACILITIES

## WHAT TO PACK LIST:

- 7 Sets of clothes, consisting of:
  - 7 Pairs of underwear
  - 7 Pairs of comfortable pants e.g. jeans
  - 7 Shirts e.g. polos, button-downs, t-shirts etc
- 3 Pairs of exercise shorts or pants
- 3 Exercise shirts
- Sunglasses, sunscreen, and hats

**DO NOT** pack short shorts, skirts or 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.

## PERSONAL ITEMS:

- 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

## 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 cards (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

## 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.