



What to Bring to Detox

Clothing

Bringing approximately 3-5 comfortable outfits would be acceptable. Our building has onsite laundry available for residents to use to accommodate any needs you may have.

Suggested clothing items you may want to bring with you:

- Shoes
- 3-5 shirts, pants, shorts
- Socks
- Undergarments
- Jacket/coat
- Robe
- Slippers
- Pajamas

Don't Bring: Clothing that is suggestive or that represents drug or alcohol use.

Personal Care Items

Due to many personal hygiene products containing alcohol, we provide shampoo, body wash, and moisturizer.

Some personal care items you may want to bring with you:

- Toothbrush/toothpaste
- Hairbrush
- Deodorant

Don't Bring: Any personal care items containing alcohol.

Medications

Please bring all your current prescription medications in their original packaging.

Miscellaneous Important Items

Considering you will also have down time, you will have time to reflect upon your life: present, past, and future. It helps to have a journal on hand to record how things are going, how you are feeling, or simply to record your goals and dreams. Also, if you are a reader, books and magazines are also permitted if they don't promote drug paraphernalia or substance abuse.

- Books or magazines
- Personal journal
- Insurance card
- Driver's license

Don't Bring: Laptops, MP3 players, cellphones, games, permanent markers, weapons

Upon arrival at our facilities, you will go through an evaluation process in which all your items will be searched and inventoried. This is to ensure no prohibited items or substances are being brought into the facility and to ensure that all items are returned to you upon discharge.

Items such as drugs, alcohol, drug paraphernalia and weapons are strictly prohibited, as well as any item that is suggestive of drugs or alcohol use, such as clothing, CD's and movies representing substance abuse.