



What to Bring to Treatment?

Clothing

Bringing approximately 7-10 outfits would be acceptable. We do facilitate weekly outings and activities so make sure to keep that in mind when you are packing for your stay with us. Each building has onsite laundry available for residents to use to accommodate any needs you may have. Please also consider the time of year and changing weather conditions.

Suggested clothing items you may want to bring with you:

- Shoes
- 5-7 shirts, pants, shorts
- Socks
- Undergarments
- Jacket/coat
- Robe
- Slippers
- Pajamas
- Hats
- Swimsuit

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

Personal Care Items

Staying at an alcohol or drug abuse treatment center, you are going to be on a much stricter schedule than the one you are probably used to. You won't be able to just "run out" to grab something at a moment's notice. Therefore, it is important that you arrive with everything you might need for an overnight stay.

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

- Toothbrush/toothpaste
- Shampoo/conditioner
- Body wash
- Hairbrush
- Lotion or moisturizer
- Deodorant
- Feminine hygiene products
- Razors

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

Miscellaneous Important Items

Though you will have a strict schedule throughout the program day, you will also have some down time. This means 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 as long as 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.