

### **What to Bring**

- Patients should pack 7 days of comfortable, casual clothing; fits properly and appropriately and cannot have drug or alcohol messages.
- Work out clothing for exercise in our fitness center
- Health Insurance I.D. card
- Driver's license for identification
- Prescription card for medication
- Any prescriptions you are presently taking in properly labeled bottle: NO CAPSULES ARE PERMITTED. You may be responsible to self-pay for a new prescription.
- Cash (no more than \$50.) for items in patient store. Each patient has a small safe in their room for valuables.
- All toiletries i.e. toothbrush, toothpaste, deodorant. (No alcohol or aerosol of any kind)
- Slippers and/or flip-flops and bathrobes and shower shoes for shower purposes.
- Umbrella, jacket or sweater since our campus is large and consists of many buildings.
- Washcloth if desired –All towels and linens will be provided.
- Please try to limit belongings to one bag or suitcase.
- Tennis shoes or good walking shoes
- Unopened cigarettes. No cigarettes are sold or provided
- Cell phones. Patients have monitored access to phones during inpatient treatment for maintaining contact with attorney's, EAP's and discharge planning.

### **What NOT to Bring**

- Patients should not bring sexually provocative clothing, ripped or torn clothing, clothing with drug or alcohol references, low cut blouses, spandex/tight fitting clothing, cut off pants or shirts, muscle shirts or tank tops, halter or bare midriff tops. No hats, sweatbands, bandanas or dark glasses are to be worn indoors.
- No laptops, CD players, iPods or headphones.
- No products containing alcohol like mouthwash, perfume, cologne or body splash due to high alcohol content.
- No Aerosol products of any kind i.e. hair spray, deodorant, etc.
- No Food, candy/gum, or beverages of any kind.
- No Towels, linens, blankets, pillow or stuffed animals.
- No Headphones, headsets, CD players, MP3 players, digital music players, laptop/tablet, televisions, computer equipment of any kind.
- No Hair dyes.
- No weapons of any kind including firearms, knives, scissors and sharp instruments.
- No Expensive jewelry.
- No vapes, loose tobacco, snuff or chewing tobacco.
- No Pets of any kind, without prior verification as a service animal.