

What to Pack:

Food:

- Basically all the food you want to eat, during your stay with us. We will have weekly outings and activities where the facility will provide a meal from time to time, but for the most part you will be doing your own shopping and cooking. Our kitchen has all the dishes, cutlery, pots, and pans, that you may need for cooking. We also have four large refrigerators and lots of storage cabinets. You will be assigned a fridge that you will be sharing with four other clients, and a personal cabinet area for you non-perishable food items. Please bring foods that will nourish your body and soul, and help you through your recovery process. We ask that you refrain from high caffeinated energy drinks while in treatment.

Clothes & Comfort:

- Comfortable clothes for 7 days including t-shirts, walking shorts, sweats, pajamas and robe. Please no tank tops, short shorts or midriffs. We provide access to a washer/dryer.
- Exercise clothes and swimsuit
- One or two “dressy” outfits for Family Visitations or Church Services
- Walking/exercise shoes, other comfortable shoes, sandals for summer or warm slippers for winter.
- Sweater/jacket for fall-spring.
- Summer wear:
 - light jacket/sweatshirt
 - hat
 - sunglasses
 - sunscreen
- Winter wear:
 - heavy coat
 - scarf
 - boots
 - warm socks
 - gloves

Toiletries:

- Personal hygiene items: bath towel, toothbrush, toothpaste, deodorant, hair products, lotion, liquid body wash, shaving supplies, shampoo/conditioner, feminine products,. Blow dryers and curling irons are welcome. Please note for hairspray and mouthwash: No products containing alcohol will be allowed.

Misc Items:

- Nicotine & Tobacco products are allowed.
Health insurance card and driver’s license or other official forms of identification.

(TURN OVER)

- Prescribed medications and written prescriptions for any approved medications.
- Medical records or previous treatment records, if available.
- Contact information for emergency contact, personal physician, psychiatrist, psychologist and/or therapist.
- Credit card for medical co-payments, prescriptions or any other essential personal item as needed.
- If you have a special comfort items like a small blanket or pillow to bring a sense of home, please bring it!
- Pictures of your loved one are also welcome if appropriate.

What NOT to Pack:

- Any drugs or alcohol.
- Weapons of any kind.
- Electronic equipment.
- Aerosol cans or any items that contain alcohol.
- Cigars, pipes, cloves, etc.
- Candles or incense.
- Exercise equipment.
- Excessive cash or jewelry.
- Clothing that is revealing or depicts alcohol, drug, sexual, derogatory or offensive messages or logos.
- Tanning oils, self-tanning products, hair dye or bleaching products.
- Books or magazines that contain alcohol, drug, sexual, derogatory or offensive content.
- Any medications not pre-approved or without prescription.
- Herbal supplements, sleep aides, body-building or weight-loss supplements. Note: We provide a multi-vitamin.