



What Should I Bring with Me?

While you are not required to bring these items, it's important to make sure you are all good to go before arriving.

- A form of ID (driver's license, passport, or any other government official identification).
- A phonebook or list of names, addresses, and phone numbers of loved ones, 12 step sponsors, doctors, or anyone else involved in your recovery process.
- Stamps and envelopes to mail letters (if you'd plan on doing so).
- An alarm clock of some kind (recommended without a radio). Although we can provide you with one if you don't have one.
- Don't forget your checkbook, credit card, or debit card, so you can pay for treatment medications.
- Your current prescription medication. Make sure it's the original pharmacy bottle with the information label fully intact. Liquid medications should remain sealed and in new condition. Also, bring a list of all your medications (with dosage information).
- A notebook, diary, or journal.
- A small amount of money. \$50 to \$100 worth of money (in smaller bills). This is for quick store runs, lunch, vending machines, or other necessities.
- Bring some reading materials with you, in many cases, they are required to be recovered, spiritually, or self-help oriented in some way. We can provide you with things to read as well. It's also recommended to stick with paperback books instead of hardcovers (easier to carry)
- A calling card (for long-distance calls).
- Pictures of your pets, children, or loved ones to keep in your wallet or hang up in your room.

Go through this list and make sure you don't miss anything you might need when you are entering your recovery program. Also, make sure to look through all the lists on this page to make sure you are following our rules.

What Clothing Should I Bring?

It's important to be dressed appropriately while staying warm (or cool). Make sure to pack for the weather, think cardigans, jackets, sweaters, and T-shirts. However, make sure not to pack too many things for there may not be enough room.

Thinking about how you will wash your clothes. We provide you with a quality laundry machine for all your clothes. Pack enough clothes for a week or so. Keep it simple and bring weather-appropriate and comfortable clothes that follow the rules.

- Shirts, which includes tank tops and cardigans (which follow the rules of course)
- A variety of footwear (shoes, everyday wear, flip flops, and tennis shoes.)
- A few pairs of socks



- Bathing suit (one-piece are typically required for women and trunks for men)
- Pants (sweatpants, jeans, etc.)
- Undergarments
- One or two fancy outfits (for various special occasions you may come across)
- Pajamas
- A belt
- Slippers
- Coat/Jacket (it's worth bringing even if there isn't cold weather)
- A bathrobe
- Consider bringing a hat (which may not be allowed indoors)

It's important to stay comfortable throughout the process. You don't want to be cold or too hot during your stay at an inpatient rehab facility. It's important to not overpack, just bring the essentials and think about other possibilities (sports, special occasions, swimming, etc.).

What Personal Hygiene and Beauty Products Should I Bring?

- Toothbrush and toothpaste (enough to last)
- Deodorant
- Comb/brush
- Shampoo and conditioners
- Hairstyling products (if preferred and only Pump hair spray)
- Shaving cream
- Feminine hygiene products
- Sunscreen
- Makeup
- Lotion

It's important to stay clean and comfortable through your recovery. The last thing you want is to run into problems with your hygiene and appearance. Make sure you bring what you need and plan for 30-days or so worth of use.

What Should I NOT Bring to Inpatient Treatment?

There is a list of items you should not bring with you. It's important to always remember the rules and regulations of our facility. Certain items could create complications for you and your fellow peers. Northwest Recovery Center is a clean, safe, and open space for recovery without distractions alcohol or other drugs (especially).

- Drugs or alcohol of any kind
- Weapons (knives, guns, scissors, sharp objects in general, etc.)
- Narcotics or unapproved prescriptions



- Food or drinks
- Pornography
- Toiletries and beauty products containing alcohol (like perfume or mouthwash)
- Electronic cigarettes (or e-cigars)
- Nail polish or any synthetic nail related products
- Video games and DVDs
- Inappropriate or revealing clothing (tank tops, bearing tops, sleeveless shirts, etc.)
- Sporting equipment (soccer balls, footballs, rackets, bats, etc.)
- Aerosols
- Electronics (TVs, gaming consoles, etc.)
- Candles and incense
- Cleaning products and supplies like bleach or ammonia
- Games or playing cards
- Clothing or items that contain profanity or references to alcohol, drugs, and violence

Some of these items may be confusing and very specific. Electronics, playing cards, and even DVD's are restricted because they may be a distraction for you and others. You should always keep your focus on your recovery.

As far as food and drinks go, keeping a moderate sugar and caffeine intake is acceptable at Northwest Recovery Center.