

Essentials to Bring

Because you are living out of the sober house, you should bring items that you will need for day to day living, including:

- Your checkbook or debit/credit card: you will need to pay rent and/or fees
- Cell phone: this is a good place to store the names, addresses, and phone numbers of people you want to be involved in your sober living
- A notebook or journal/pens
- An alarm clock
- Something that makes you happy: pictures of loved ones
- Bedding: pillow and sheets provided. Bring additional items if needed.
- Clip on fan for bed
- Books: even if you aren't a big reader, you will need a way to entertain yourself while you are at the house
- Clothing needed for work/relax/church

Hygiene

You will, most likely, be sharing your bathroom. You will be provided a shower caddy.

Bring:

- Toothbrush
- Toothpaste
- Mouthwash: it must not have alcohol as an ingredient
- Shampoo/Conditioner
- Brush or comb
- Shaving cream
- Razor
- Sunscreen

Important Documents and Contact Information

Having your important documents and contact information organized and easily accessible is vital when moving into a sober living home. These documents will be necessary for various administrative tasks and in case of emergencies. Here is a list of essential documents and information to pack:

- Identification (ID, driver's license, passport)
- Health insurance card
- Medical records and prescriptions
- Emergency contact list
- Financial documents (bank statements, credit cards)
- Legal documents (court orders, custody papers)

Document Type	Examples
Identification	ID, driver's license, passport
Health insurance	Insurance card
Medical records	Prescriptions, doctor's notes
Emergency contacts	Phone numbers, addresses
Financial documents	Bank statements, credit cards
Legal documents	Court orders, custody papers