



WHAT TO BRING:

1. 4-5 days worth of clothing (items are not to be drug/alcohol/sex/gang related)
2. 2 pairs of shoes
3. Shower Shoes
4. Socks/Undergarments
5. Sleepwear
6. Weather appropriate jacket
7. 1 stick of Deodorant (No aerosol cans, must be unopened)
8. Toothbrush
9. Toothpaste (must be unopened)
10. Razor/Shaving Cream (NO aerosol cans, razor will be locked up when not in use)
11. Comb/Brush (styling tools/clippers ARE allowed, however will be locked up when not in use)
12. Makeup (no glass bottles, alcohol not allowed in first three ingredients)
13. Bodywash/Shampoo/Conditioner (unopened, must not contain alcohol in the first three ingredients)
14. Nail Care items (will be locked up when not in use)
15. Bible/Self-Help/Recovery Oriented Books/Workbooks
16. Cigarettes (ALL packs must be unopened. If you vape, only unopened disposable vapes are permitted. If you roll cigarettes, all tobacco and rolling papers must be in unopened and original packaging. No matches.)
17. ALL medications (must be in their original bottle with proper labeling)
18. Facility provides ALL meals, including snacks and drinks. We do allow for non-perishable items to be brought in (ALL must be in original, unopened state), including:
 - a. 12- pack of soda/sparkling water/teas (NO ENERGY DRINKS)
 - b. noodles, individual mac n cheese, crackers, chips
 - c. candy
19. We recommend bringing limited cash (i.e. \$20). Drop-offs are allowed by appointment only.

**** Additional information:** Patients are not permitted to drive themselves. You must have someone drive you on the day of your admission and should plan on obtaining transportation on the day of discharge. If you leave prior to completing our program you will be responsible for obtaining transportation at that time.