



WHAT TO BRING

- A cashier's check, personal check or credit card for the tuition payment as arranged with the Director of Admissions.
- A separate \$500 check made payable to The Arbor. This is to create an account for each client spa services.
- A 30 day supply of all prescribed medications in their original containers. These must have the original label from the pharmacy. Doctor's sample packets will not be allowed.
- A driver's license, passport or government issued photo ID.
- The names, addresses and phone numbers of health care professionals, referents, family members and anyone else that you would like to be involved in your treatment.
- Modest casual attire (clothing with tears or holes is not permitted, no tank tops or sleeveless tops of any kind)
- Sleepwear
- Casual and athletic shoes. A comfortable pair of hiking boots is recommended as well.
- Personal toiletries including shampoo and conditioner, hair products and mouthwash, body lotion and sunscreen, deodorant, shaving cream, toothpaste. All personal hygiene products must be alcohol free.
- Electronics: Hair dryer, CD player (w/o radio). Clients can have a maximum of 5 CDs. They must be original, no burned CDs.
- Stationary, stamps, envelopes
- If you smoke cigarettes you must bring sealed packages and/or cartons. We do not supply cigarettes nor do we take responsibility for the acquisition of cigarettes while you are in treatment. Family members may ship cigarettes to if the need arises. We have a smoking cessation program for those that want to quit smoking while in treatment with us.



WHAT NOT TO BRING

- Inappropriate clothing: tight fitting or revealing clothing, clothing that advertises drugs or alcohol products or use, clothes with holes or tears.
- Items of excessive value. The Arbor is not responsible for your personal items while in treatment. Expensive watches or jewelry or important documents that could become damaged or lost while in treatment are recommended to be left at home.
- No cell phones, PDA's, iPods/iPads/MP3 players, computers, portable media or gaming devices.
- No cosmetics or personal hygiene products that contain alcohol, no fingernail polish remover or nail glue.
- No linens, blankets, pillows. The Arbor will provide all needed linens.
- No cameras
- Metal fingernail files or scissors
- No energy drinks
- No weapons of any kind
- All medications must be pre---approved by the Director of Admissions. Any unauthorized prescription medication will be destroyed upon admission to the facility.