

The Arbor

ITEMS TO BRING

RECOMMENDED ITEMS

- A driver's license, passport or government issued photo ID
- Insurance Card
- Stationary, stamps, envelopes
- A supply of any medications you are currently taking
- 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.
- Casual attire
- Clothing for fitness and yoga
- Sleepwear
- Undergarments
- Bathing suit
- Shower Shoes / Flip-Flops for the Shower
- 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.
- Electronics: MP3 Player (with no games, videos, camera or photos) or CD player.

Clients are responsible for supplying their own nicotine and tobacco. We recommend bringing enough tobacco | nicotine to get through a full treatment stay. In the event a client runs out, their support contacts are able to drop off or send more. We do not take clients off site to purchase more nicotine and are unable to purchase on behalf of the client.

PROHIBITED ITEMS

- Cameras
- Cash
- Cell phones will be kept in the safe
- Computers are prohibited and will be shipped home if brought on property
- Weapons of any kind
- Drugs, alcohol or paraphernalia
- Bedding/Blankets/Pillows are provided. If you decide to bring them, they need to be brand new and sealed in packaging
- Metal fingernail files or scissors
- Energy drinks
- Food of any kind.
- Open liquids. i.e. vape juice, contact solution, makeup remover, soaps/ shampoos.
- Open packs of tobacco or vape juice.
- Inappropriate clothing
- Items of excessive value. Expensive watches, jewelry or important documents that could become damaged or lost while in treatment are recommended to be left at home.
- Cosmetics or personal hygiene products that contain alcohol.
- Fingernail polish remover or nail glue.
- All medications must be pre-approved by the Director of Admissions. Any unauthorized prescription medication will be stored or released to family.