

ITEMS TO BRING

RECOMMENDED ITEMS

- A driver's license, passport or government issued photo ID
- Insurance Card
- Visa gift card for nicotine products, no cash
- 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.
- If you smoke cigarettes or vape, 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.

RECOMMENDED 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.

