



We advise all patient and/or caregivers to carefully read these lists over before preparing for a stay. This will help us avoid delays in admissions or other complications.

What to bring:

In order to be admitted you must bring your **picture ID, all prescribed medications, admission fees and mail** showing your current address to establish residency. Mail must be post marked within the last 30 days; junk mail or handwritten mail is not accepted.

- Clothing
 - Up to seven outfits – such as seven tops and seven bottoms – for everyday wear (the center has free laundry facilities). Very important: No provocative clothing is allowed, including: jeans with holes, leggings or spandex, tank tops, midriff-bearing shirts and shorts that are more than 1 inch above the knee.
 - Two sets of pajamas
 - One coat (depending on time of year), one hooded sweatshirt and one sweater
 - Two pairs of closed toed shoes (no open toed shoes, heels or sandals)
 - One pair of flip-flops for the shower
- Hygiene products
 - Toothpaste, toothbrush, soap, disposable razors, shaving cream, deodorant, shampoo, etc.; dental floss is not permitted.
 - Shampoos, conditioners, body washes and lotions are required to be in a see-through container or be in a new, unopened package with the manufacturer's unopened seal in tact.
 - Feminine hygiene products must be in unopened packages.
 - A very limited amount of makeup; bring no more than five items
 - Two bath towels; two wash cloths
- Tobacco products
 - Cigarettes in original unopened packs; no other type of tobacco products
 - Disposable lighters are permitted; smoking times are designated and are limited
- Personal items
 - Books and magazines, personal journals and Bibles; no pornographic, violent or racially offensive items
 - Playing cards in unopened packs
 - Cash: we recommend no more than \$20 in singles or quarters for vending machines
- Prescribed medications
 - Patients must have a 30-day supply of all pre-approved prescribed medication; it must be in its original container with the pharmacy label listing the patient's name and the dosage; prescriptions cannot be expired.
 - Patients bringing medication samples must have written directions provided by a doctor stating the dosage and frequency.

What not to bring:

- Weapons, alcohol, drugs or drug paraphernalia; be sure to check your luggage or bags in advance
- Electronics, including cell phones, ipods, laptops, ipads, electric shavers, etc.
- Food or drinks
- Products containing alcohol or that can be huffed (such as fingernail polish, polish remover or aerosol cans)
- Hair chemicals or extensions
- Cologne/perfume/body scents
- Q-tips, nail clippers, tweezers, or scissors
- Hats, gloves, scarves (including baseball hats)
- Bed linens, including pillows (as they will be provided)
- Stuffed animals, etc.
- Envelopes or stamps

Make sure you are on time for your appointment. Arriving late will jeopardize your ability to be admitted as scheduled.

Make sure all your personal business is wrapped up before coming into treatment. This includes court dates, warrants and any family issues, as we do not allow phone calls during your detox stay.

You will be searched

Anything we deem contraband will not be returned to you. Such items will be given to the person who is dropping you off or will have to be discarded immediately. For this reason, we encourage you to bring as little as possible and have a friend or family member come in when you arrive so they may take back any non-allowable items.