

INPATIENT TREATMENT CHECK LIST

What to pack for your stay!

ITEMS TO BRING

- ☐ 1 week's worth of clothing (7 shirts, 3 pants, 2 shorts)
- ☐ Pajamas/sweats (3 shirts, 2 pants/shorts)
- ☐ 1 week's worth of clothing (7 shirts, 3 pants, 2 shorts)
- ☐ 2 sets of gym clothes
- ☐ 1 week's worth of undergarments (underwear, socks, bras, etc.)
- ☐ 2 sweaters/hooded sweat shirts
- ☐ 1 jacket
- ☐ Shoes: 1 pair athletic shoes, comfortable shoes (flats, etc.), 1 pair sandals, 1 pair of slippers – no heels please!
- ☐ Toiletries: All toiletries must be in plastic containers or toiletries bag

ITEMS YOU CAN BRING TO TREATMENT

- ☐ Please do not bring cash with you. Please bring spending money on a prepaid debit/credit card.
Personal identification (e.g., drivers license or passport)
- ☐ Bring your insurance card, as we will need this to admit you.
- ☐ Bring a credit card that will be used for incidentals, supplements, medications, and outside medical costs.
- ☐ Comfortable clothing including work-out attire for cardio, yoga, Pilates, etc. (shorts need to be no shorter than mid-thigh for both men and women)
- ☐ A jacket/sweater for evening time & winter months; Sneakers & other comfortable shoes.
- ☐ A swimsuit & sun block for summer months (conservative one piece only for women, mid-thigh shorts for men. Swimsuits are not allowed to be worn in the building)
- ☐ Please bring all prescription medications with you. Due to laws governing prescription medications, all medications must be dispensed by our Program Staff

ITEMS YOU CAN BRING TO TREATMENT (CONTINUED)

- ☐ Toiletries such as soap, shampoo, toothbrush/paste, body lotion, deodorant (non-aerosol), feminine products, brush/comb, hair dryer, shaving items (electric razors only). All toiletries must be in plastic containers. Mouthwash must be alcohol free
- ☐ Cigarettes, if applicable
- ☐ Portable Media Player (iPod, Mp3 player without internet capabilities) or Small personal CD player with headphones – usage will be limited to therapeutic purposes
- ☐ Written list of important phone numbers (you will not have access to your cell phone)
- ☐ Stationery, envelopes, and stamps

ITEMS YOU CAN NOT BRING TO TREATMENT

- ☐ Camera/video recorder
- ☐ Sharp objects of any kind, sewing needles, scissors, etc.
- ☐ Valuables such as jewelry, etc. We are not responsible for lost or stolen items
- ☐ Items containing alcohol such as mouthwash, perfume/cologne, aftershave, etc
- ☐ Any Chemical Liquids such as nail polish, and nail polish remover
- ☐ Non-prescription (Over-the-Counter) medication such as Advil, Tylenol, (including creams) etc.
- ☐ Radios and music players, other than the small personal music devices listed under Approved items, speakers of any kind
- ☐ CDs, DVDs and videos.
- ☐ Aerosol products including deodorant and hair spray
- ☐ Alcohol and illegal substances
- ☐ Firearms and/or other supplies/weaponry
- ☐ Shirts/blouses or other attire with explicit messages or photos. Also, revealing clothing such as items showing the midriff, low-cut tops, tube tops, spaghetti straps, form fitting attire, short shorts (shorter than mid-thigh, two-piece bathing suits for women, Speedos for men)
- ☐ Clothing that is dry clean only. We provide laundry machines for resident use
- ☐ Arts/crafts materials
- ☐ Sports equipment such as ab-roller, weights, etc
- ☐ Books or magazines with any sexually explicit material
- ☐ Other items that staff deems inappropriate during treatment

NOTES

