

What to pack

FOR YOUR STAY AT THE VILLA:

The Villa provides a comfortable environment in beautiful country surroundings, located two hours north of N.Y.C. The season of the year should assist you in determining the type of clothing you will bring.

WHAT TO PACK...

YOU WILL NEED THE FOLLOWING:

- at least a week's supply of casual attire – slacks, jeans, shirts, socks, underwear, alarm clock without radio, if desired.
- All clients must bring insurance cards, prescription cards and a photo ID.
- Bring 30 days of approved medications in original prescription bottles.

MEN: PERMISSIBLE ATTIRE FOR MALES IS:

- shirts with collars, slacks and loose fitting jeans, one (1) ring, watch and chain. Sweat pants, shorts and tee shirts can only be worn outdoors, or in the gym. A bathing suit for swimming in the warm months.
- MEN MAY NOT WEAR: Earrings, cologne, nose or body rings, hats.

WOMEN: PERMISSIBLE ATTIRE FOR FEMALES IS:

- sweat pants, sweat shirts, jeans(not tight), tee shirts, stud earrings, one(1) necklace, one (1) ring, watch, dresses and long skirts below the knee, sneakers and closed shoes, boots with low heels and below the knee, and one piece bathing suit for swimming in the warm months. All women must wear bras and a slip if wearing a dress.
- WOMEN MAY NOT WEAR: Perfume, hanging earrings, shorts above the knee, tight clothes, tank tops, low cut shirts or cropped shirts, spandex, leggings, stretch pants, bikinis, mini skirts or hats.

WOMEN SHOULD BRING:

- **Sleepwear:** including robe and slippers.
- **Clothing:** Comfortable shoes, sweaters, jackets, and suitable outerwear.
- **Toiletries:** cosmetics, hairbrush, toothbrush, and shaving gear. Non-alcoholic – solid creams best, all personal items such as cosmetics, soap container, clothing detergent ('Tide' or 'All' brands only), stamps and spending money.

DO NOT BRING TO TREATMENT:

Cars, cameras, radios, stereos, musical instruments, tape recorders, I-Pods, CD players, cassette players, TV's, food, gum, candy, cards, dice, cologne, mouthwash or scissors, beepers and cell phones. (if a cell phone is brought into treatment it will be mailed home at the client's expense) bedding or stuffed animals. If any of these items are brought into the facility, they will be stored and returned at the end of treatment.