

What To Pack...

Clothing (*Enough to Last 1 Week*)

Men

- Collared Shirts. (Required Throughout the Day)
- Long Pants
- Workout Clothing (Gym, Yoga, Tai-Chi)
- Sleepwear
- Shorts and T-Shirts (Outdoors / Gym only)
- Bathing Suit (Summer)
- Comfortable Footwear

Women

- Sweatpants / Sweatshirts
- Jeans
- Leggings / Yoga Pants
- Skirts / Dresses (Below Knee)
- Shorts (Finger-Tip Length)
- One Piece Bathing Suit (Summer)
- Comfortable Footwear
(No Clogs or Flip Flops)

Toiletries

- | | |
|---|---|
| <input type="checkbox"/> Toothbrush | <input type="checkbox"/> Soap / Body Wash |
| <input type="checkbox"/> Toothpaste | <input type="checkbox"/> Deodorant |
| <input type="checkbox"/> Mouthwash (Alcohol Free) | <input type="checkbox"/> Razors |
| <input type="checkbox"/> Shampoo / Conditioner | <input type="checkbox"/> Brush / Comb |
| <input type="checkbox"/> Blow Dryer / Flat Iron | <input type="checkbox"/> Cosmetics |

Miscellaneous

- | | |
|--|---|
| <input type="checkbox"/> Insurance Card and Prescription Card | <input type="checkbox"/> Photo ID |
| <input type="checkbox"/> Prescriptions in Original Labeled Container | <input type="checkbox"/> Diabetic Testing Supplies / Kit |
| <input type="checkbox"/> Alarm Clock (No Radio) | <input type="checkbox"/> Watch |
| <input type="checkbox"/> Tide or All Detergent (Sold on Site if Needed) | <input type="checkbox"/> CPAP Machine and Distilled Water |
| <input type="checkbox"/> Stamps | <input type="checkbox"/> List of Important Phone Numbers |
| <input type="checkbox"/> Family Photos | <input type="checkbox"/> Phone Card (Coin Operated Payphones) |
| <input type="checkbox"/> Spending Money (Copays for Prescription Refills, On-Site Store, Phones and Laundry)
<i>Laundry is \$.75 to Wash and \$.75 to Dry</i> | |

Please Do Not Bring...

- Towels / Linens / Bedding
- Perfume or Cologne
- Wipes
- Q-Tips
- Electronics (IPad, iPod, Nook, Kindle, Tablets, MP3 Players)
- Tank Tops, low cut shirts, spandex, bikinis, mini-skirts
- Cards or Dice
- Cell Phone (If a cell phone is brought into treatment it will be locked away and will not be accessible to the patient until they leave treatment.)
- Stuffed Animals
- Flip flops, heels or shoes without backs
- Inappropriate reading material / photos
- Food / Candy / Drinks

If You Have Any Questions About What to Pack, Please Contact Admissions at (845) 626-3555