

Community Recovery Resources

Clothing/Packing Guide for Residential Treatment

This packing guide will help you be prepared and comfortable to fully engage in the program.

ITEMS TO BRING:

- Insurance Card
- Prescription Card
- State Issued Picture I.D. , Driver's License, or Passport
- All medications (in original bottles)
- Vital contact information for your primary care physician, attorney & other key individuals, such as CPS worker, probation/parole officer.
- One (1) Credit or Debit Card
- If you smoke, Cigarettes (Enough for 30 days) and lighter.
- Casual Clothing (5 to 7 days' worth), sleepwear. (Extra sleep wear if you will be in detox)
- Court Clothing
- Gym Clothing and tennis shoes
- Water bottle
- Yoga mat (optional)
- Personal Care items/toiletries (enough for at least 30 days)
- Extra pillows if needed for back support.
- Extra blanket (optional)
- Sunscreen
- IPOD – (cannot have camera, internet, or cell connection.)
- Recovery books.
- Eyeglasses/Contact Lenses & appropriate accessories
- Stamps for mailing letters

If you will be bringing your child (women only):

- Children's clothes if you are bringing your child. (10 outfits including cold/hot weather clothing)
- Supplies for children. (Diapers, wipes car/booster seat, portable crib, umbrella stroller, bedding etc.)
- Baby Monitor (for children 3 and under)
- Favorite bedtime toy, up to 3 books and blanket.
- 2 favorite toys, maximum.
- Baby food / formula and juices for babies under age 18 months.
- Baby Tylenol and thermometer. Any prescribed medications for your child and doctor information.

IMPORTANT

Please bring a list of the patient's primary care physician, counselor, etc., AND their full names, addresses, and phone numbers. The purpose for providing this list is to assist you in being comfortable during your stay with us, please only bring approved items and suggested amounts. Anything more will be sent back to your home prior to admission.

DO NOT BRING:

- Weapons
- Illicit drugs or prescriptions not prescribed to you.
- Computers or Laptops
- Musical Instruments
- Provocative Clothing (including but not limited to: short shorts, skirts, dresses, low cut tops, form-fitting or tank tops, strapless or midriff shirts, heels)
- Mouthwash or any other products containing alcohol
- Food (other than baby food if you are bringing your child.)
- Playing Cards
- Valuables (including jewelry)
- Clothing or other items that promote sex, drugs or alcohol
- Addicting or narcotic medications including, but not limited to: Xanax, Valium, Klonopin, Vicodin, Oxycontin, Dilladid and Adderall without approval from the Program Manager

SUGGESTED CLOTHING:

- Comfortable, casual tops or T-shirts (No promotion of sex, drugs or alcohol)
- Appropriate length
- Jeans that fit comfortably and are not too big or too tight.
- Gym / workout clothes
- One-two long sleeve shirts
- Tank Tops (thick straps – No spaghetti straps or tube tops)
- Sneakers
- Appropriate undergarments must be worn at all times
- Rain jacket or warm coat (depending on time of year)
- Sweatpants

Bring your own personal hygiene articles (**alcohol-free**), such as shampoo/conditioner, toothpaste/toothbrush, body soap, etc.

Some cash for incidental expenses, which includes hygiene, toiletries, laundry, and essentials. We DO NOT have a safe or lockers and are not responsible for lost or stolen items.

