

## WHAT TO BRING

- List and phone numbers of current treatment providers, including counselors, psychologists, psychiatrists and family doctor.
- Names, addresses and phone numbers of everyone else you would like to have involved in your treatment process
- List of medications, dosages and a NEW 30 day supply of all medications in their original bottles
- Current health insurance card and pharmacy benefit card with corresponding contact information
- All Medical records, especially those pertaining to your drug and alcohol dependency history
- Records from recent detox program(s)
- A credit card, cashiers check or personal check for the full admission fee, Deductible or out of pocket expenses.
- Drivers license, photo I.D.
- Enough appropriate casual/comfortable clothing and underwear for seven days (there's no need to bring more than that as we have laundry facilities)
- Appropriately fitted jeans and or shorts, t-shirts, workout attire (gym attire), comfortable shoes and sneakers for the gym and outside.
- Sleepwear is mandatory (P.J.'S, sweatpants, shorts, t-shirts)
- Shower Shoes, slippers Robe.
- Hygiene Products (toothbrush, toothpaste, comb, brush, razor, deodorant) **No alcohol in first 5 ingredients.**
- Linens are provided.

**PLEASE NOTE:** You will be living in a healing, recovery center and appropriate dress is a important. Dress very conservatively as inappropriate clothing will be stored away for the duration of your stay. Also, please be sure to pack enough items to support your length of stay, Access to outside stores and shopping will not be permitted, however, a supply of some toiletries and supplies will be available.