



## What to Bring to Treatment

### What to Bring:

- 2 small pieces of luggage or one large piece
- Clothing for one (1) week
- Slip on shoes, i.e. slippers - Tennis shoes if planning to exercise
- List of contact numbers (written down)
- Coat, Gloves, and Seasonal appropriate clothing. (Location is on top of a mountain, temperatures vary at night)
- ID / Insurance Card / Prescription Card
- Credit Card
- FMLA Paperwork
- Contact information for PCP, Therapist, Psychiatrist
- Hair brush/comb

### Allowed:

- Q-tips/cotton balls/rounds – must be sealed or packaged
- Floss/floss pics - must be sealed or packaged
- Tweezers
- Nail Clippers

### Permitted but must be non-aerosol and alcohol free:

- Hair spray
- Lotion
- Wipes - Makeup/face/non flushable
- Body/hair/coconut oils
- Hair glue/eyelashes
- Deodorant

### What to Leave at Home:

- Large amounts of cash
- No opened tobacco products. If client chews, they must use pouches.
- More than 5 cosmetic items
- Pillows or blankets from home
- MP3 players are allowed for Residential clients, but they cannot have WiFi capabilities or camera functioning
- No sharps of any kind
- No loose powder i.e. baby powder, makeup
- Electric Razors
- Stamps/Envelopes
- Picture Frames

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