



# Your Rehab Checklist

## How to Pack for Residential Addiction Treatment

### WHAT TO BRING:

- 7 changes of clothes
- Athletic clothes (for yoga, workouts, or other experiential activities)
- Jacket
- Closed toe athletic shoes (appropriate for recreation)
- Personal hygiene items (no aerosol or items containing alcohol)
- Appropriate sleepwear (no lingerie)
- Swimsuit (one piece for women)
- Sunscreen
- Optional pillow if desired (Must be new and in bag. One will be provided)
- Spending money for outings and additional needs during shopping trips
- Additional pens and notebook if desired
- Literature if desired
- Driver's license and/or ID
- Insurance card and prescription card if applicable
- List of important contact names, phone numbers and addresses if you'd like to contact them during your stay

- Personal photos of loved ones if desired
- Prescribed medications, preferably in blister packs (These must be labeled with the pharmacy label.) All vitamins and/or supplements must be new and unopened
- Stationary and stamps
- Laptop ( will be locked and stored during your stay, but can be checked out for use if approved by therapist)

### WHAT NOT TO BRING:

- Aerosols
- Anything containing alcohol
- Fingernail polish/remover
- Items containing CBD or THC
- Sharp objects (needles, knives)
- Clothing with profanity (referencing drugs, alcohol, or violence)
- Hair dye
- Cleaning supplies
- Rubbing alcohol / hydrogen peroxide

Have any questions or concerns about what to pack? Call or chat our admissions team.

**866-489-8799**

