



## Substance Use Program Packing List

### What To Bring:

**Clothing:** 2 weeks worth of clothing

- Seasonal clothing: swimwear
- Exercise attire: gym, yoga, and outdoor activities
- Slippers, sandals, flip flops, and sneakers

**Electronics:** Internet access and camera devices not permitted

- Mp3 player or iPod
- E-reader

**Nicotine Products:** State age restrictions are enforced

- Unopened cigarettes, disposable vapes
- 21+ years old to purchase from staff

**Valuables:**

- Personal ID and insurance card
- Credit/debit card, small amounts of cash
- Families can utilize patient funding accounts

**Toiletries:** Unopened or untampered with products only

- Shampoo, conditioner, deodorant, toothbrush, etc.
- Hairbrush, blow dryer, flat iron, beard trimmer, etc.

**Medications/Drugs:**

- Prescribed medications
- Non-narcotic medications only

**Other:**

- Stamps and envelopes
- FMLA paperwork (if needed)
- Contact information for doctors
- List of emergency contacts (written down)
- Books for reading (staff will determine if it is appropriate)
- Menstrual products if needed

### What To Leave Home:

**Clothing:** Inappropriate clothing

- Low-cut shirts, spaghetti strap shirts, tank tops
- Short skirts or shorts
- Clothing that exposes garments

**Electronics:** Internet access and camera devices not permitted

- Gaming systems, DVD players, external radios or speakers
- Phones will be locked up after admission

**Nicotine products:** State age restrictions are enforced

- Open or loose tobacco, black & mild's, cigars, chewing tobacco
- Non-disposable vapes or other electronic cigarettes

**Valuables:**

- Jewelry
- Large amounts of cash
- Families can utilize patient funding accounts

**Toiletries:**

- Products with alcohol in first five ingredients
- Aerosol hairspray or hair dye

**Medications/Drugs:**

- Narcotics and alcohol
- Over the counter medications and vitamins

**Other:**

- Pets
- Pornographic materials
- Makeup not permitted
- Guns, knives, brass knuckles, chains, razor blades, etc.



## Mental Health Program Packing List

### What To Bring:

**Clothing:** 1 week's worth of clothing

- Seasonal clothing: winter jackets
- Exercise attire: gym, yoga, and outdoor activities
- Slippers, sandals, and sneakers

**Electronics:** Internet access and camera devices not permitted

- No electronics permitted

**Nicotine Products:** State age restrictions are enforced

- Unopened cigarettes, disposable vapes
- 21+ years old to purchase from staff

**Valuables:**

- Personal ID and insurance card
- Credit/debit card, small amounts of cash
- Families can utilize patient funding accounts

**Toiletries:**

- Unopened or untampered with products
- Shampoo, conditioner, deodorant, hairbrush, toothbrush, etc.
- Hairdryers, straighteners, makeup, razors (will be stored by staff)

**Medications/Drugs:**

- All prescribed medications
- Over the counter medications and vitamins

**Other:**

- FMLA paperwork (if needed)
- Contact information for doctors
- List of emergency contacts (written down)
- Books for reading (staff will determine if it is appropriate)
- Menstrual products, if preferred, in unopened box

### What To Leave Home:

**Clothing:** Inappropriate clothing

- Low-cut shirts, spaghetti strap shirts, short skirts
- Belts, scarves, excessively long laces
- Clothing that exposes garments or depicts drugs, alcohol, explicit language, or violent related imagery

**Electronics:** Internet access and camera devices not permitted

- Phones will be locked up after admission

**Nicotine products:** State age restrictions are enforced

- Open or loose tobacco, black & mild's, cigars, chewing tobacco
- Non-disposable vapes or other electronic cigarettes

**Valuables:**

- Jewelry
- Large amounts of cash
- Families can utilize patient funding accounts

**Toiletries:**

- Products with alcohol in first five ingredients
- Aerosol hairspray or hair dye
- Nail clippers

**Medications/Drugs:**

- Alcohol
- Medical Marijuana

**Other:**

- Pets, pillows or blankets, CDs, playing cards or dice
- Pornographic materials, outside food or drink
- Plastic bags, drawstring bags, or backpacks
- Guns, knives, brass knuckles, chains, razor blades, sharp items, mirrors, glass items, lighters/matches, pencils with erasers, pencil sharpeners, etc.

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*\*This list is not all-inclusive. Any items that may be questionable will be assessed upon admission\**