

# What To Bring

## Essentials: Treatment Center For Men and Women

### Personal clothing for no more than one week (laundry day assigned one time per week)

- An extra blanket, pillow or towel from home. (if desired, we provide one each)
- All over-the-counter medications need to be in brand new “unopened” bottles
- All prescriptions need to be in the original prescription bottle with accurate name, dates and dosages
- Certain disposable vapes are allowed. See guidelines for more information.

### What not to bring

- Cell phones
- No electronic devices such as iPods with the following on them: games, camera, Internet access, movies, etc. (just music)
- Camera
- Computer
- Television
- Non-recovery reading material
- Playing Cards
- Games
- Beadwork
- Other hobby material

### Personal hygiene products to include

- Toothbrush
- Toothpaste
- Shampoo
- Conditioner
- Soap or body wash
- Period products
- Razors
- Etc... (no alcohol products)

*\*Your positive attitude\**

### **A Co-Occurring Treatment Center for Men & Women**

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