



## What to Bring

### Identification:

- A valid government identification card with picture of the client is required upon admission. Valid Driver's License, Government Passport, or State Issued Identification card are all accepted.
- A copy of your insurance card is also required upon admission. Please bring your card or provide pictures of the front and back of your insurance card upon admission.

### Clothing:

- Appropriate attire is essential (please see a list of **inappropriate** clothing in the What to Leave at Home section). Please bring clothes you are comfortable wearing to attend groups. Patients typically wear jeans and casual clothing throughout the day. Group rooms are often cold so please bring a sweater or jacket.
- Group exercise is incorporated into treatment. Please bring appropriate clothing to wear to exercise. Running shoes are recommended.
- Undergarments and clothing to sleep in are required for both men and women.
- Patients farther along in the program have the option to attend religious services off our campus. If you plan on doing so, please bring clothing you are comfortable wearing to these services.

### Personal Hygiene Products:

- Please bring your own personal hygiene products including but not limited to: shampoo, body wash, conditioner, deodorant, etc.
- Please bring your own toothbrush and toothpaste.
- Please be cognizant that nothing can contain alcohol in the first five ingredients. This typically pertains to mouthwash, cologne/perfume, and men's after shave.
- You may bring an electric shaver or razor for shaving.
- You may bring make- up, hair styling products, and hair styling tools.
- Please do not bring men's clippers, aerosol hairspray, or hair dye.

### Additional Items:

- If you have a Twelve by Twelve, AA, NA, or SA book, please bring them.
- Reading materials are allowed.
- An alarm clock
- Hangers
- Laundry Detergent. We suggest using detergent pods.
- Musical Instruments are allowed.
- Portable Radios, CD Players, and MP3 Players are allowed. Please bring headphones. Your MP3 player can't have the ability to connect to the internet, take pictures, or record. We encourage an iPod Shuffle.
- Any and all medication you are taking in appropriately labeled prescription bottles. Medications need to be current. Please bring in any over the counter medications in new,

unsealed containers. Over the counters will be approved at the discretion of the medical provider.

- People need a small amount of money, typically around \$60, for things such as laundry, vending machines, and books. There is an ATM on campus if necessary.
- All tobacco products must be brought in unopened, sealed packages. This includes cigarettes, chewing tobacco, and e-cigarettes.

### **What to Leave at Home:**

- Inappropriate attire includes: crop tops, tank tops, short skirts or shorts, two-piece swimsuits, or see-through clothing. Clothing that depicts alcohol, drugs, sex, or violence will not be allowed. We want to be respectful of everyone's recovery.
- Laptops, tablets, kindles, or devices that connect to the internet are not allowed.
- Cell Phones (The exception would be if you are traveling to come to treatment.)
- Playing cards, games.
- Backpacks
- Protein powder and supplements, unless approved prior to your admission.
- Outside Food and/or Drink
- Weapons (including pocket knives)

Items can also be brought or ordered at a later date. We recognize that deciding to come to treatment is a difficult decision and packing is often the last thing on anyone's mind. The essentials are clothing, personal hygiene products, and medications. Please don't hesitate to call us if you have any questions.

Your Santé Intake Team

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