

## **What to Bring to Detox**

### **Acceptable Items to Bring To Treatment**

We want your stay during your detox treatment to be as comfortable as possible, and we expect that you will bring some personal items that will help to enable your comfort. We would prefer, however, that all of your personal belongings fit into one carry-on size bag. We also provide plenty of food including healthy snacks. So there is no need to bring outside food items to detox.

### **Items to bring with you for your detox treatment include the following:**

- Enough appropriate clothing for 5 days.
- Personal hygiene products that DO NOT contain alcohol
- Any prescription medications you are taking (need to be in original bottle with original label that includes doctor's name, name of medication, and dosage schedule)
- Stamps and envelopes for writing letters
- Your own personal recovery books (with no wires or staples)
- Non-skid footwear such as slippers or house shoes
- Coats, jackets, or sweatshirts depending upon the time of year
- If you choose, enough cigarettes or smokeless tobacco to last a week (must be unopened packages)
- A smile and positive attitude, to prepare you for the better life that you deserve

### **Items NOT To Bring**

- ANYTHING containing alcohol
- No personal snacks
- Colognes, perfumes, or body sprays – most people become sensitive, sometimes nauseous, to these products while in treatment
- Athletic tank tops or revealing clothing
- Zippo or Butane lighter fuels or any other flammable liquids
- Inappropriate or pornographic material that is detrimental to recovery, such as magazines, pictures, DVDs, video tapes, etc.
- Clothing that depicts use, sales, promotion, or advertising of alcohol, drugs, or paraphernalia. Clothing with removable strings.
- Weapons of any kind – including pocket knives

- Cameras or any electronic device that contains a camera (like a cellphone or iPhone)
- Computers or any electronic device that can connect to the Internet
- Extension cords or power strips
- Pets

Any valuable items should be left at home. While we can secure some of your personal belongings that you will not need in treatment, our storage space is limited.

If you have additional questions please don't hesitate to contact us prior to your arrival for your detox treatment. Your personal property will be searched upon arrival, and anything that falls outside of the items mentioned here will be stored in a secure area until discharge.