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.

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

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