



What to Bring

The following is a list of items we recommend incoming clients bring while at the Residential Treatment facility. This is only a suggested list; not all prohibited or suggested items are listed. Please discuss items of concern with your therapist or a member of the intake staff prior to arriving. All items will be inventoried by staff upon arrival.

Provided by the Facility

For your convenience, we will provide you access to the following items

- Drawer/Storage space for clothing and personal belongings
- Washer and Dryer
- Community Television (limited)
- Telephone Access (limited)
- Food and Beverages
- Linens and Towels
- Laundry Detergent

Necessary Items

- Photo ID
- Proof of Address (Guilford County Only)
- 30-day supply of **ALL** medications + Refills

Clothing

We encourage you to dress casually and comfortably. Inappropriate clothing will not be allowed and dress code is strictly enforced. Clothing should not be overly revealing and shoes should be comfortable for walks or outdoor recreation. You will **NOT** need to pack clothes for your full treatment stay, as there are washers and dryers available for regular use. Typically, 7 to 14 days of clothing is enough. Please attempt to keep belongs to 1 suitcase and 1 additional “carry on” type bag.

- 14 days of clothing allowed
- Pajamas/Robes/Undergarments
- Closed Toe Shoes/Shower Shoes/Bedroom Shoes
- Blouses/T-shirts
- Seasonally appropriate and outdoor activity clothes. You may wish to come prepared with several seasonal clothing options (i.e. raincoat, lightweight jacket, sweater, heavier jacket for winter months, sunglasses, hats, etc.)



Toiletries

All personal toiletries must be in their original container so that staff may identify ingredients. Any items not within its original containers will be stored in lock up. Emery boards are preferred but nail files or clippers may be brought and will be locked in an assigned locked box when not being used.

- Hygiene/Feminine Products
- Shampoo/Conditioner
- Soap/Shower Gels/Facial Soap/Cleansers (Alcohol Free)
- Toothbrush/Toothbrush/Alcohol Free Mouthwash
- Deodorant/Lotion
- Clippers/Hairdryers/Hair Styling Products

Miscellaneous

- Small Radios, MP3 players, CD players – items must NOT be internet accessible and headphones are required; no cameras!
- Alarm Clocks
- Stationary/ envelopes
- Appropriate Magazines/Reading Materials
- Bible/Religious Books/Devotional Reading Items
- Hobby or Special Interest Items (Crossword Puzzles, Coloring Books, Sudoku etc.)
- Notebooks/Pens/Paper
- Family Photos (No frames)
- Hard Candy and Gum is allowed – No chocolate allowed!

Prohibited Items

Please do **NOT** bring in the following items below. Please be reminded that not all prohibited/suggested items may be listed and anything that is not allowed will be taken and locked up by intake staff for the remainder of your stay

- Alcohol or Illegal Drugs
- Weapons/Firearms
- Over the Counter Medications
- Food/Drinks/Snacks
- CASH! – No cash is necessary! Please leave at home or staff will lock in safe upon arrival.
- Debit/Credit cards – will also be locked away
- VALUABLES (jewelry, heirlooms, expensive clothing items etc.)
- Electronics (Cell Phones, Laptops, Ipads, TVs, DVD players etc.)
- Any “Smart” device or anything with a camera (Ipods, FitBits, Mp3 players, Apple Watches etc.)
- Clothing that Depicts Alcohol, Drugs, Sex or Violence



- No Leggings, Jeggings, Yoga Pants or Spandex Items
- Products Containing Alcohol (mouthwash, hairspray, breath spray, astringent, etc.)
- Acetone-Based Products or Aerosol-Spray Products
- Products without original labeling or listed ingredients
- Perms/Hair Dyes
- Candles/Incense
- Cleaning Supplies/Air Fresheners
- Straight Razors/Razor Blades
- Pillows/Blankets/Towels/Wash Cloths
- Detergent/Fabric Softener/Dryer Sheets
- Sports/Exercise Equipment (free weights, exercise balls/bands, bats, rackets etc.)
- Clothing Iron/Steamers
- Sexual devices or Toys
- Tobacco/Smokeless tobacco products (e-cigarettes, vaping, chew, dip, etc.)

****We will not assume responsibility for the loss of any valuables or items kept in your possession ****