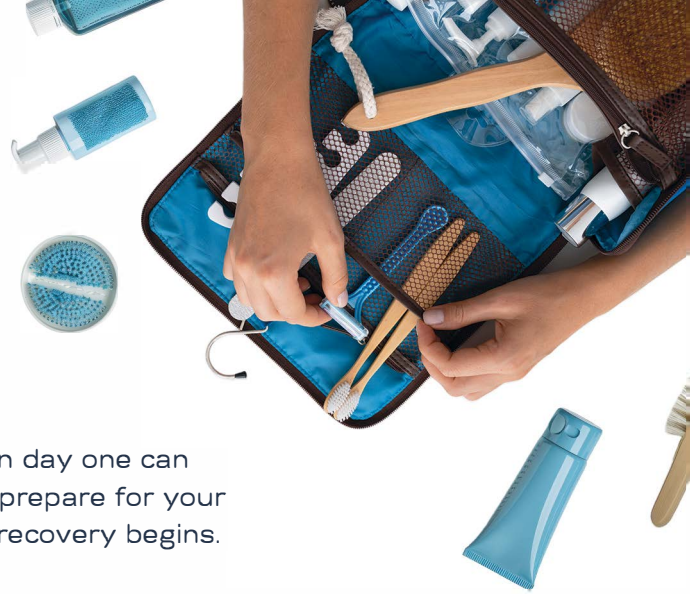




GETTING STARTED

# What to *Bring*



We understand that walking through the doors on day one can be extremely challenging. We're here to help you prepare for your stay with us and support you as your journey to recovery begins.

## Documents

- Driver's License or Government ID
- Insurance Card
- Any Additional Medical Records
- Emergency Contacts
- Employer HR Info

## Clothing

- Appropriate, Non-Revealing Clothing
- Exercise Attire
- Sweatshirt or Hoodie

*Clothing must not contain drug, alcohol or sexual themes*

## Personal Hygiene Supplies

- Toothbrush
- Toothpaste
- Dental Floss
- Soap
- Shampoo
- Conditioner
- Deodorant
- Blow Dryer
- Hair Tools
- Hair Products
- Shaving Supplies
- Nail Clipper

### ✓ Do Not Forget:

- ✓ Recovery Reading Materials  
e.g., Inspirational books or self help magazines
- ✓ Tobacco or Cigarettes

### ⊗ Do Not Bring:

- ✓ Any items containing alcohol  
e.g., mouthwash, hand sanitizer, and alcohol sprays
- ✓ Firearms, knives, or weapons of any kind
- ✓ Any over-the-counter medications
- ✓ Gaming consoles (we have them on-site)

### Note:

All toiletries must be unopened for the safety of all clients. Any open items will be stored away for the duration of your program and returned upon discharge.