

### What to bring to treatment...

- Up to \$50 cash. We have access to ATM's if more cash is needed.
- Please bring a credit card that will be used for incidentals, supplements, medication, and outside medical costs.
- Comfortable clothing including work-out attire for cardio, yoga etc. (*Shorts should be mid-thigh for both men and women*).
- Cigarettes if you're a smoker (*We offer smoking cessation products eg. Nicotine gum, patches etc...*)
- Sneakers and other comfortable shoes. Sleeping attire such as sweatpants, hoodie, and slippers.
- Toiletries like soap, shampoo, toothbrush, toothpaste, lotion, deodorant (*non aerosol items*)
- feminine products, brush/comb, hair dryer, curling iron, shaving items (*preferably electric*). All toiletries must be in plastic containers.
- Books must be health, spirituality or recovery focused in content.
- Personal identification and insurance card.
- Stationery, envelopes and stamps (*No pens or pencils*)
- Personal CD or mp3 player with headphones – usage will be limited to therapeutic purposes and personal fitness time. Please label device clearly with your name. (*mp3 device cannot have a camera or wireless internet capabilities.*)

### Spring / Summer Months Apparel

- A swimsuit and sun block (*conservative one piece for women and mid-thigh suit for men.*)
- Sunglasses
- Hat
- Hiking boots or good pair of sneakers
- A jacket/sweater appropriate for evening time and hiking

### Fall / Winter Months Apparel

- Winter coat
- Snow pants
- Ski gloves
- Winter boots
- Beanie hat

### WHAT TO LEAVE AT HOME - The following items cannot be brought:

- Camera/video recorder
- Cell Phone/Laptop computer
- Television or DVD player
- Vaporizer, vape juice & chewing tobacco
- Valuables such as jewelry. We are not responsible for lost or stolen items
- Food, snacks, gum, mints or beverages
- Items containing alcohol such as mouthwash, perfume/cologne, aftershave etc.
- Aerosol products
- Alcohol and illegal substances
- Firearms and weaponry
- Revealing clothing or with explicit messages or photos

- Hobby or arts and crafts materials
- Sports equipment
- Sexually explicit materials