



Items to bring

Below is a list of what you should pack for yourself or your loved one who is coming into treatment, also items to avoid when packing. Please keep in mind that we do have laundry facilities so plan on only packing 5-7 days' worth of clothing.

Basic Needs:

- ✓ Exercise clothing, jeans, shorts, t-shirts, pajamas, robe, socks, underwear, sunglasses, hats, jacket or coat and seasonal wear. Remember we are in Utah and the weather is always changing.
- ✓ Slippers, athletic shoes, hiking boots, seasonal shoes.
- ✓ Toiletries and/or cosmetics, tooth brush, tooth paste, mouth wash (alcohol free), dental floss, face wash, shampoo, conditioner, body wash, deodorant, feminine products, shaving cream, razor, electric razor, finger nail clippers, Q-tips, lotion, gel, hair spray (no aerosol cans), small bag of makeup, blow dryer, curling iron, etc.
- ✓ Mementos, pictures, little reminders of home, knick knacks, phone numbers, stamps, envelopes, petty cash (No more than \$120, no larger bills than \$20). This will be for haircuts, shopping days, etc.
- ✓ Music devices, iPod, mp3 players, CD player, head phones. (You will be allowed to listen to your music at the gym)
- ✓ Prescribed medications (Must be in the original bottle), OTC's must be in a sealed bottle, do not bring any benzodiazepine, oxycodone, barbiturates or opiate based medications with you. (All prescribed medications and OTC's must be approved by a member of our medical team)
- ✓ Driver's license or ID card, insurance card, health related information (Discharge paperwork from detox, psychiatrist, doctor, TB test results if performed within the last year.



Items not to bring:

- ✘ Most outside food or drink. We are a low sugar program. Jerky, nuts, sugar free candy, mints and gum are ok.
- ✘ Cell phones, laptops, radios, clocks, kindles, iPads, cameras, recorders, tablets, etc. If brought they will be locked in the safe.
- ✘ Tanning oils, other self-tanning products, hair dye, or bleaching products.
- ✘ Work out supplements, body building or weight loss supplements, herbal supplements and sleep aids.
- ✘ Items that are not in their original containers, not labeled, or labels that cannot be read.
- ✘ Weapons (mace, knives, ammunition, firearms) or any sharp objects.
- ✘ Flammable items (lighters, candles, incense, etc.)
- ✘ Clothing or material advertising or glorifying pornography, drug or alcohol use, sexual innuendos, violence, offensive language, gangs, gambling, bars or events associated with any of the above.
- ✘ Revealing clothing will not be allowed this includes spaghetti straps, shorts higher than mid-thigh, low cut tops, jeans with excessive holes, muscle shirts, speedos, and bikinis.
- ✘ Most books, magazines, videos, DVDs. Religious, recovery based and self-help books are ok. We also have a library of approved material for clients use.

What we provide for you:

- ✓ Bedding, pillows, hangers, blankets, towels and wash cloths
- ✓ Laundry detergent and fabric sheets
- ✓ Protein, multi vitamins, B-12, vitamin C, basic OTC medications
- ✓ Notebooks, water bottle, pens and pencils, alarm clock.

Please Note:

- All money, credit cards, gift certificates, ID cards, insurance cards, will be kept and locked in the safe.