



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, swimming suit, sunglasses, hats, jacket or coat, hat and gloves and seasonal wear. Remember we are in Utah and the weather is always changing. Many of our activities are outdoors. Please make sure you bring outdoor clothing.
- ✓ Slippers, athletic shoes, hiking boots, snow boots, seasonal shoes.
- ✓ Toiletries and/or cosmetics, toothbrush, toothpaste, mouth wash (alcohol free), dental floss, face wash, shampoo, conditioner, body wash, deodorant, feminine products, **electric razor**, fingernail 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, phone numbers, stamps, envelopes, petty cash (No more than \$150, no larger bills than \$20). This will be for haircuts, shopping days, etc.
- ✓ 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, prior treatment records if available, TB test results if performed within the last year.
- ✓ You are welcome to bring a personal blanket or other items for personal comfort.
- ✓ You will need to supply you own tobacco products. Vaping is allowed but will require you to use the vape juice that is in a new, unopened sealed container.
- ✓ Any used juices or cartridges will be disposed of. In the state of Utah, you must be 21 years of age to use tobacco products.
- ✓ You are welcome to bring a preloaded MP3 player with appropriate music to have during free time.

Items not to bring:

Cell phones, laptops, radios, clocks, kindles, iPads, cameras, recorders, tablets, etc. If brought, they will be locked in the safe.

Razor with a blade. Electric Razors only.

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. e-cigarettes, hookahs, nicotine patches, nicotine gum, nicotine lozenges (We provide nicotine supplements)

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. You will need to have a debit or credit card on file at our local pharmacy for medications. We can call that in for you or you may call a card in yourself prior to admission. The pharmacy is in Richfield, Utah. Lenny's Family Pharmacy 435-896-6000.