



Items to bring:

- Deodorant
- Soap, Shampoo, & Conditioner
- Beach Towel
- Toothbrush & Toothpaste
- Spiral Notebook & 3-4 Pens
- 1 weeks' worth of appropriate Clothes. A coin Operated laundry facility is on premises
- 1-2 Outfits for Cold Weather
- Bathing Suit
- Sunscreen
- Shaving Cream & Razor
- A printed list of all emergency & important phone numbers
- Medications- Please bring a 30-day supply of all Physician prescribed medications you are taking at the time of admission. Medications must be in their original prescription containers.
- Long Distance phone card if needed. A phone is provided for limited family contact, but no long distance is available without a phone card.
- Cigarettes - Smoking is allowed at the evening meetings, book studies, and in designated areas.

No Electronic Devices other than Personal Hygiene related items are permitted during the first 28 days.

Prohibited Items:

- Laptop Computer, DVD Player, Stereo, I-pods etc...
- Any products containing alcohol (mouthwash, hairspray, face wash, etc.)
- No weapons, drugs, & any paraphernalia
- Cell phones. You may bring a cell phone for emergency use. The phone will be stored in the office until completion of the 28 day program. Cell phone usage will be approved on a case by case basis by the Program Director.

Appropriate Clothing:

Under garments must be worn and covered by casual and conservative clothing. Clothing must be loose fitting and non-sexually provoking. Clothing should not depict sex, drugs and/or alcohol.

To protect you, other clients and our staff, all personal property is subject to search at the time of arrival at the facility. Any inappropriate clothing items will be confiscated and returned at completion of the program.