

Generic Treatment Center “What to Bring” List:

- Payment or deposit for treatment. The amount and form of payment needs to be discussed with the treatment center’s admissions or financial counselor prior to the intervention.
- Your driver’s license, passport or photo identification.
- A list of all your medications and dosages. Please bring sufficient medications for your travel to and from the treatment center.
- The names, addresses, and phone numbers of health care professionals, referents, family members and anyone else you would like to have involved in your treatment.
- \$100 - \$200 in smaller denominations to use during your stay. Most treatment centers make it possible to cash small personal checks, but few let patients have access to more than a couple hundred dollars during their stay.
- A Calling Card to make long distance calls at designated times.
- One suitcase and one carry-on bag of clothing. Laundry facilities, detergent, iron and ironing board are usually provided at no cost.
 - Casual, comfortable clothing that can be layered
 - Sleepwear
 - Shoes for everyday use, for exercise and for the pool
 - Workout attire, including gym shoes and a swimsuit
 - Shoes, shirts and appropriate undergarments are required at all times.
 - Hats and dark sunglasses are usually restricted (outdoor use only)
- Personal toiletries, including shampoo and conditioner, hair spray, mouth wash, body lotion, sun screen. ***All toiletries must be alcohol free.***
- Electronics: An alarm clock (no clock radios) and hairdryer. Personal music players are not always allowed.
- Not all treatment centers allow smoking, so please check with admissions before deciding to bring smoking materials. If allowed please bring packaged, sealed cartons. Treatment centers generally do not sell cigarettes and strongly encourage you to address this addiction while in treatment.
- If you will be in treatment during a voting period, please bring an absentee ballot if you wish to vote.

Please remember that any thing not on this list (or simply additional items needed) can always be shipped to the treatment center. Do not let packed bags be an obstacle to seeking treatment.

Generic Treatment Center “Do Not Bring” List:

- Inappropriate Clothing:
 - Drug or alcohol “logo” clothing
 - Excessively tight fitting clothes
 - Low cut, sleeveless or revealing shirts
 - Torn jeans or tee shirts
 - Short-shorts (only mid-thigh shorts may be worn)

- Items exceeding \$500 in value. Some treatment centers provide safekeeping of money and valuables, but their liability for loss rarely exceeds \$500.

- Electrical appliances:
 - Television
 - Cell phone
 - Computer/laptop
 - Beeper
 - Camera
 - Palm pilot/PDA

- Cosmetics that contain alcohol:
 - Hair sprays
 - Perfume
 - Nail polish remover or nail glue
 - Hair color chemicals
 - Aerosol containers
 - Aftershave, cologne
 - Alcohol free cosmetics can be brought from home, Sometimes treatment centers make these items available for purchase.

- Clove cigarettes or lighter butane

- Caffeine products. Caffeine is recognized as a mood-altering substance and caffeinated beverages are frequently not available at treatment centers.

- Musical instruments and sports equipment including but not limited to guitars, flutes, violins, golf clubs, and tennis rackets.

- Recreational reading or business materials. It is acceptable to bring 12-step materials (Big Book).

- Weapons of any kind