



To prepare for your residential stay at IBH Addiction Recovery, please see the following information on what to bring with you and a list of items not permitted on campus during treatment stays.

WHAT TO BRING	ALLOWED ITEMS	CLOTHING <u>NOT</u> PERMITTED
<ul style="list-style-type: none"> - All prescriptions CURRENTLY TAKING in original packaging - Requested financial documents - Proof of residency, especially if your residency differs from your mailing address - Copy of SSI, SSD, or SSDI award letter if applicable - Photo ID - Birth Certificate - Social Security Card - Insurance Card - Food Card - Parole/Probation Information - 1 weeks' worth of clothing in a large trash bag - Small trash bag of <u>alcohol-free</u> hygiene products 	<ul style="list-style-type: none"> - Pants – 10 - Women Skirts/Dresses – 2 - Tops (t-shirts/long sleeves) – 14 - Sleep outfits – 3 - Sweatshirts/hoodies – 5 - Socks – 12 pairs - Underwear – 12 / Women Bras – 4 - Coat/jacket (washable) – 1 - Hat (washable) – 1 - Gloves (washable) – 1 pair - Closed toes shoes/boots – 2 pairs - Rubber thongs – 1 to be worn in the shower only <p>Athletic shorts/t-shirts and gym shoes are encouraged for participation in recreational activities.</p> <p><i>IBH Addiction Recovery will wash and dry ALL clothing items on a HIGH heat and is not responsible for damages. Please keep that in mind when packing washable items</i></p> <hr/> <p>ALLOWED PERSONAL ITEMS:</p> <p>Make-up, disposable shavers, toothpaste, toothbrush, shampoo, conditioner, lotion, deodorant, shaving cream, hairspray-non-aerosol ONLY, blow dryer, curling iron/flat iron-1 of each, electric shaver – 1, cigarettes, lighter, CPAP machine.</p>	<ul style="list-style-type: none"> - Short skirts - Short shorts - Halters tops, tank tops or crop tops - Any clothing with messages promoting sex, drugs, alcohol, vulgar, or any non-recovery messaging. - Sheer or see-through clothing - Low cut tops that show cleavage on women. - Excessively ripped jeans <p style="text-align: center;">INGREDIENTS <u>NOT</u> PERMITTED</p> <ul style="list-style-type: none"> - Alcohol - Denat Or Denatured Alcohol - Ethanol or Ethyl Alcohol - SD or Specially Denatured Alcohol

Cash accounts can be set up for residents during their stay if interested

OTHER ITEMS NOT ALLOWED

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| <ul style="list-style-type: none"> NO Weapons (i.e., knives, firearms, scissors, etc.) NO Books (1 spiral notebook permitted) NO Pornography NO Markers, pens, or art supplies NO Food (individual wrapped candy permitted) NO Torch lighters NO Stuffed Animals NO Bedding (i.e., pillows, blankets, etc.) NO Luggage (i.e., bags, backpacks, etc.) NO Purses | <ul style="list-style-type: none"> NO Perfume/Cologne/Body spray NO Laundry supplies (i.e., detergent, dryer sheets, etc.) NO Powder (i.e., baby, foot, etc.) NO Hairspray (Alcohol Free "Airspray" permitted) NO First Aid (i.e., Peroxide, medicated ointments, etc.)
 NO Electronic cigarettes NO Electronic devices (i.e., tablets, radios/alarm clocks, cameras, headphones, etc.) |
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