



PERSONAL ITEMS LIST FOR RESIDENTIAL TREATMENT

- What to bring with you and a list of items not permitted on campus during treatment stays •

What to Bring With You on the Day of Admission	
<ul style="list-style-type: none"> • Prescribed medications <u>you are currently taking only</u> • Financial documents requested • Proof of residency (especially if your residency differs from your mailing address) • Copy of SSI, SSD, or SSDI award letter • Photo ID • Birth Certificate • Social Security Card • Food Card • Health Insurance Card • Parole/Probation Information • Small trash bag of alcohol-free hygiene products 	
ALLOWABLE ITEMS	
Clothing with total number allowed	Personal Care
6 - Pants/Jean 2 - Skirts/Dresses (knee length) 10 - Tops/T-shirts (no negative messages) 3 - Sleep outfits 4 - Sweatshirts/hoodies 10 each of Socks & underwear, 6 - Bras 1 each of Coat/jacket/hat/gloves (washable) 2 - Closed toes shoes/boots 1 - Shower shoes <i>Athletic shorts/t-shirts and gym shoes are encouraged for participation in recreational activities</i>	Disposable razors, make-up, toothpaste, toothbrush, shampoo, conditioner, lotion, Deodorant, shaving cream, hairspray(non-aerosol ONLY) blow dryer, curling iron or flat iron, electric shaver. CPAP Machine Cigarettes (Max 1 carton) unopened - or - 1 disposable vape (unopened) 1 cigarette lighter 1 crossword, word jumble, coloring book (unopened) 1 pack colored pencils (unopened) Recovery books: <u>Limit of 4</u> (AA Big Book, NA Basic Text, Bible, Meditation books)
Clothing NOT Permitted	Ingredients NOT Permitted
Short skirts, short shorts Halters tops, tank tops 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	Alcohol Denat Or Denatured Alcohol, Ethanol or Ethyl Alcohol SD or Specially Denatured Alcohol

OTHER ITEMS NOT ALLOWED

NO Weapons (i.e., knives, firearms, scissors, etc.)

- NO Pornography
- NO Markers, gel 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

NO Perfume/Cologne/Body spray

- NO Laundry supplies (i.e., detergent, dryer sheets, etc.)
- NO Powder (i.e., baby, foot, etc.)
- NO First Aid (i.e., Peroxide, medicated ointments, etc.)
- NO OTC Medications/Supplements (Tylenol, Benadryl, vitamins, etc.)
- NO Electronic cigarettes
- NO Electronic devices (i.e., tablets, radios/alarm clocks, cameras, headphones, etc.)

IBH Addiction Recovery will wash and dry ALL clothing items on a HIGH heat and is not responsible for any damage. Please keep that in mind when packing washable items.

To minimize threats of infection, SHARING BELONGINGS IS STRONGLY DISCOURAGED

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