



## What I Should Bring For My Journey

### Clothing:

- 10 shirts/tops
- 10 pair pants/bottoms
- 10 pair socks
- 10 pair underwear
- 5 bras
- 3 sets p.j.s & 1 robe
- 3 pair shoes
- 1 pair slippers
- 1 light jacket & 1 heavy jacket
- 1 swimsuit (one piece required)

### Hygiene items:

- 1 shampoo
- 1 conditioner
- 2 body washes
- 2 lotions
- 1 deodorant
- 1 toothbrush
- 1 tooth paste
- 2 styling products
- 2 styling utensils (brush/comb)
- 2 styling tools (blow dryer/curling iron)
- 1 face wash
- 1 face lotion

### Personal Items:

- 3 stuffed animals
- 5 books
- 3 games
- 1 poster (content must be acceptable)
- Residents will be supplied with clean linen, but may choose to bring:
- 1 favorite blanket or comforter & 1 pillow

### Dress Code Guidelines:

- Clothing must be in good repair (no holes/tears) and good taste. Shorts, skirts, and dresses must be at least fingertip length.
- Sleeveless or low cut shirts are not permitted.
- Clothing with drug, alcohol, satanic, gang or sexually inappropriate themes are not allowed
- Do-rags/hair wraps are not permitted outside of the residents bedroom
- No sagging or unbuttoned pants.
- Shoes must be worn at all times, unless indicated
- Sunglasses, hoods, or hats are not permitted in the building
- Jewelry for female patients: may wear up to two (2) post stud earrings per ear. If the resident has body piercing other than ears upon admission, they must be removed. Thin bracelets may be worn. Clear plastic spacers that can be purchased at jewelry stores may be used to maintain a piercing. If there is a safety issue with any jewelry or spacer, the treatment team may revoke the use of jewelry or spacers.

### Other guidelines:

- Hygiene products that contain alcohol as one of the first 3 ingredients must be kept in storage and used under supervision.
- Aerosol cans are not permitted on the unit
- Any item advertising tobacco, drugs, alcohol, or inappropriate violence
- No borrowing or lending of any items
- Flat irons, curling irons, and blow dryers may be used with staff supervision as approved with supervision.
- Clothing with drawstrings is not allowed.
- Please note safety concerns may require a patient to only utilize hospital hygiene products and linens while in treatment, as well as the removal of all jewelry.
- Any item may be removed by the Program Director or Program Manager if deemed inappropriate or a safety concern.

*Please contact us at 1.866.546.2229 for more information.*