



What to Bring to Treatment Form

You are only permitted to bring **TWO** bags. One larger bag for a 7 day supply of clothing and any other necessary items, and one smaller bag to serve as an overnight bag. **Please pack an overnight bag with hygiene products and two pairs of clothes.** Your main luggage will be searched by overnight staff and given to you the next morning so you will need to pack a bag with anything you will need for the first two days of your stay- clothing for night and next day & hygiene products).

Required Items

- Major Credit Card**
for Pharmacy Co-Pays and Non-Addiction Related Doctors Appointments
- Gift Card**
Clients Will Not Have Access to Credit Cards or Cash. Purchases May Include Products at Recovery Store, Souvenirs/"Extras" During Recreation Outings, etc.)
Some Clients Opt to Bring a \$100 Gift Card.
- All Current Medications**
Please pack a 30 day supply of currently prescribed medications you are taking.
- Doctors and Mental Health Professionals**
Names, addresses, and Phone Numbers of all current medical professionals you are working with.
- Family and Friends Contact Information**
Names, addresses, and Phone Numbers of all family members and friends you wish to communicate with while in treatment
- Discharge Paperwork**
If Transferring from another healthcare provider, please bring any discharge summary paperwork with you.
- Signed Pre Intake Financial Form**
This Is Provided by your Treatment Consultant who is Arranging your Intake
- Payment Due on Contract**
If Applicable



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Required (If Applicable)

- Feminine Hygiene Products**
Must Be New – Unopened/Sealed – Packages
- Incontinence Products**
Must Be New – Unopened/Sealed – Packages
- Vitamins, Supplements, & OTC Medications**
30-Day Supply of Unopened Products
- Glucose Monitoring Machine, Lancets, & Strips**
If Diabetic
- Cigarettes**
While We Encourage All to Live a Healthy Lifestyle & Not Smoke, If You Are Going to Opt to Smoke While in Treatment, Please Bring an Unopened 30-Day Supply Of Cigarettes.
(Cigarettes Are Not Available at Center or May Not Be Shared Amongst Clients.)

Recommended Items

- Casual Clothing (5-7 Days Worth)**
- Socks, T-Shirts, Jeans**
- Yoga/Workout Clothes**
- Tennis Shoes**
- Flip Flops**
- Bathing Suit & Beach Towel**
(Note: Ladies, Only One Pieces ~ No Exceptions!)
- Pajamas and Slippers/House-shoes**
- Toothbrush/Toothpaste/Mouthwash**
(Note: Mouthwash Must be Alcohol Free.)
- Shampoo/Conditioner**
(Note: First Three Ingredients Cannot be Alcohol, and Clear Bottles Preferred.)
- If You Wish To Bring In Any Snacks/Drinks, However, They Must Fit In An 11.5" X 9.25" X 6" H Box.**
(Note: While We Provide Delicious Food & Snacks, We Allow Drinks & Non-Refrigerated Food That Can All Fit In a Personal Storage Bin. There Is Not a Vending Machine at the facility.)
- Unopened Soap/Body Wash/Lotion**
- Sunscreen**
- Deodorant**
- Face Wash/Cream**
- Hair Brush/Comb**
- Eyeglasses and/or Contacts/Contact Fluid**
(Note: Contact Fluid Must be in a sealed container.)
- Stamps/writing paper and envelopes**
- MP3 Player without Internet Access/Wi-Fi, Camera, Video, and/or Texting**



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Items Not Permitted:

- Alcohol or Drugs
- Any product that has Alcohol as One of the First Three Ingredients, i.e. Hairspray, Shampoo, Conditioner
- Energy Drinks/Energy Shots
- Weapons
- Hair Dye
- Chewing Tobacco/Dip
- “Vape” Products
- Bleach, Ammonia, or Other Cleaning Supplies
- Condoms
- Personal Cameras or Recording Devices
- Revealing Clothing
- Clothing w/ Designs or Wording that Glorifies Alcohol, Drugs, Violence, Profanity, or Obscenity
- Pillows and/or stuffed animals

If ever a client needs more of any of the required/recommended items, loved ones are welcome to mail “care packages,” bring to Family Education Day/Family Sessions, or drop off w/ prior notice. All items must be given directly to staff, as they search & inventory all items prior to giving them to the client. If you have any questions regarding this list, please feel free to call (410) 360-6600 or contact anyone assisting with your intake.

- * *Please note that we do not have regular outings to the salon for hair and nail services. Please complete these appointments prior to entering treatment.*

We look forward to meeting you!

Driving Directions: Please use the WAZE App for navigation to our facility. Google maps and Apple Maps will bring you close, but not to where the entrance to our facility is. We apologize for any inconvenience.

Facility Address - 171A Ryan Rd, Pasadena, MD 21122