



Items needed for treatment:

- Your own pillow for comfort, your own bedspread or comforter if you desire
- A week's worth of casual clothing
- Cold weather gear (coat, jacket, stocking cap, gloves, warm socks, sweat shirts, long johns, warm boots)
- Comfortable walking shoes
- Personal grooming items
- Electric and/or disposable razor
- Calling Cards/Phone Cards
- Money for stamps, etc. (est. \$20)
- Laundry facility is available at no charge, with soap and fabric softener available
- Please bring all current medications (any prescriptions **MUST** have the full pharmacy label intact). Over the counter, such as aspirin, Advil, antacids, etc. must be **UNOPENED!**
- Have all prescriptions filled before you come.

Sorry, but we are unable to cash checks. Please bring enough cash to pay for any medications you may need after you are admitted and anything you may need from town.

What not to bring:

- Cassette or CD players
- Tapes or CD's
- Books or magazines
- Pocket knives
- Cell phones
- Lap tops
- Snacks, food, etc.
- Nicotine gum, lozenges, or patches

Valuables can be locked up, but it is best if you leave valuables, such as extra credit cards or jewelry, at home.

Clothing restrictions:

- No tank tops
- No short shorts, they must be no higher than 2 inches above the knees
- No writing on T-shirts that have to do with drugs, alcohol, bars or gambling
- No Big Johnson T-shirts