



What to bring to Detox

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1. Limit to one personal bag and one carry-on bag.
2. Your ID and Insurance ID card(s), please make sure to bring your **Prescription/RX Card**.
3. Bring **ALL** your current medications. Do **not** bring over the counter medications.
4. Bring enough clothes for 3-4 days, we can do laundry for you while you are here. Please bring washing machine safe clothing as we will wash your items upon arriving. Bring comfy clothes!
5. Bring any books or crosswords you would like for downtime.
6. Bring toothbrush (not electric), toothpaste, soap, shampoo, floss, all personal hygiene items (*perfume and aerosol deodorants are not allowed.*)
7. If you smoke or use chewing tobacco, please bring enough for 7 days. Please note, dip or chew is not allowed in the house. Bring a carton of cigarettes if you smoke! No vape juice is allowed.

What NOT TO bring to Detox

1. No outside Food or Drink.
2. No items that have Alcohol in the ingredients, such and mouthwash, hand sanitizer or deodorant.
3. No electronics, such as cell phones, tablets, E-Readers, hair dryers, curling irons, or laptops are not allowed. This list is not exhaustive.
4. Do not bring your own Pillows or Blankets.
5. No smart watches or any device that may connect to cellular data.
6. Personal Music devices **without** cameras, are allowed, please bring headphones.