

The Packing List

Items to Bring

- Prescriptions/OTC medications in bottle with label
- Casual clothing, workout clothing
- Twin size bedding, pillow, blanket
- Towels, washcloths, laundry detergent
- Soap
- Shampoo, conditioner
- Razor, shaving cream
- Toothbrush, toothpaste
- Alarm clock w/o radio
- Analog watch
- Rain gear, umbrella
- Looseleaf paper, pen, highlighter
- Tennis shoes, sandals, flip flops
- Collapsible/foldable laundry basket/bag
- Blow dryer, hair straightener
- Cell phone charger
- Cash, debit card
- Refillable water bottle
- Backpack/bag
- ID, insurance/prescription card, debit card or credit card for prescriptions
- Envelopes, stamps
- Address book with important phone numbers
- AA book/previous AA books
- Approved personal recovery literature
- Personal fan, if needed

Items NOT to Bring

- Products containing alcohol
- Hand sanitizer
- Any aerosol container containing butane
- Electronic devices including but not limited to smartwatches, iPads, ear pods, kindles, etc.
- Perfume/colognes
- Candles/incense
- Literature for entertainment reading
- Shorts/skirts shorter than 2" above the knee
- Tank tops/halter tops/mid-drift shirts
- Clothing promoting alcohol/drugs
- Dice/cards/games
- Opened cigarettes or dip/chew/snuff
- Vapes of any kind
- Coloring books, colored pencils/pens/markers
- Pocketknives, firearms, or weapons of any kind
- Illegal substances
- CBD products
- High heels
- Tattoo gun
- Vanilla extract

Nicotine:

Nicotine patches are recommended to help with smoking cessation, however, if you choose nicotine, you may bring the following:

- Unopened cigarettes
- Unopened, spitless tobacco
- Unopened chew/dip/snuff

***For information regarding vapes, please contact admissions**

