



Lifeline Connections Residential Treatment Program

Most of your needs are provided, however you may want a few personal items. **Please limit 2 bags per person.**

Bedrooms come furnished with all bedding and linens.

WHAT TO BRING:

1. Any prescription medications that are approved by our RN. Must be valid/current and in original bottle with dosing instructions. **Do not mix medications in one bottle.** Any over the counter medication you normally use. No additional medications will be allowed unless prescribed by a physician.
2. Personal hygiene products (shampoo, conditioner, soap, deodorant, etc.).
3. Alarm clock.
4. MP3-type player or CD player music only, no video. Must have headphones. iPhone cannot be used for music.
5. Small radios are ok.
6. Clothes must cover stomach and cleavage. Tank tops can be worn at the gym.
7. Pajamas, bathrobe, shower shoes and good walking shoes
8. Shorts and skirts must be to the knee. Short shorts will be kept in storage until your departure
9. Nicotine Replacement Therapy (patches only)
10. Books, coloring books with crayons/pencils, word search, crosswords, etc.

DO NOT BRING:

1. Electronic or video games
2. Cigarettes and chewing tobacco.
3. Any device with internet access (includes iPods)
4. Cell phone. Cell phones cannot be used for music. Bring an mp3 player or CD player.
 - **It is recommended you leave your phone at home, you will not have access to it while in treatment**
5. Colognes, perfumes and/or hair spray.
6. Any items or clothing with drug or alcohol symbols, logos, slogans.
7. Any items or clothing that are racial, sexist, gang related or homophobic in any form.
8. Valuables. We do not have sufficient locked storage. PLEASE LIMIT CASH to \$20.
9. Food or snacks.
10. Devices with internet or phone access.
11. Nail polish.
12. Hats, scarfs or bandanas.
13. Hair straighteners.
14. Stuffed animals.
15. Sports equipment (provided at site)

ALL ITEMS ARE SEARCHED AND SUBJECT TO APPROVAL.

THIS LIST IS ONLY A GUIDELINE.

Other Things to Expect:

1. The **Focus Phase** starts on your arrival and will last 5 days. During this time you will stay on site (that means no out of house activities, including meetings). We understand emergencies may occur and in this case you will fill out a Needs Request and give it to your counselor. During this time, you will be able to focus on your homework, the changes occurring within yourself and skills to help you manage temptations.
2. **No Cell phones:** Scheduled phones times will be provided during your stay. You will not have access to your phone during your course of treatment. Record all your phone numbers prior to entering treatment.