



## Lifeline Connections Women's 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:

#### Medications:

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.** Bring over the counter medication you normally use, in the original bottle sealed and unopened.

#### Personal Hygiene Products:

One of each of the following: Shampoo, conditioner, soap/body wash, deodorant, toothbrush, toothpaste, dental floss, comb/brush, body lotion, small pack of Q-tips/cotton balls, box of sanitary napkins/tampons, pack of razors w/ covers, emery board, tweezers, makeup etc.).

#### Electronics:

- Alarm clock / small radio
- MP3-type player or CD player music only, no video. Must have headphones. iPhone cannot be used for music. (No cell phone)

#### Clothing:

- 7 tops/shirts - must cover stomach. Tank tops straps etc. must be covered by another shirt.
- 3 pairs of shorts/pants/jeans (shorts must be fingertip length or longer)
- 3 pairs of pajamas, 1 bathrobe, 1 pair of slippers
- 1 pair of shower shoes
- 1 pair of good walking shoes
- 2 jackets/sweaters
- 2 pairs of shoes
- 7 pairs of socks, underwear and bras

### Other:

- Books, coloring books with crayons/pencils, word search, crosswords, etc.
- Non-recovery based books, stamps & stationary, photographs from home, list of phone numbers

### DO NOT BRING:

1. Electronic or video games
2. Cigarettes, lighters, matches, e-cigarettes or 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. Any items or clothing with drug or alcohol symbols, logos, slogans
6. Any items or clothing that are racial, sexist, gang related or homophobic in any form
7. Valuables. We do not have sufficient locked storage. PLEASE LIMIT CASH to \$20.
8. Food or snacks (including gum, candy or soda)
9. Hats, scarfs or bandanas
10. Mouthwash containing alcohol
11. Colognes, perfumes or body spray
12. Baby talc/powder/oil
13. Fake nails/nail glue/nail polish/nail polish remover
14. Fake eyelashes/eyelash glue
15. Hair dye
16. Liquid bleach
17. Plants/flowers
18. Aerosol sprays/air fresheners/candles
19. Curling irons/hair straighteners

***ALL ITEMS ARE 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.