

# Welcome to Detox – the first step toward recovery

We've created a comfortable, nurturing setting where you can focus on regaining wellness. Within our warm environment you'll get the support you need for cleansing your body of harmful substances.

## Items you may bring:

- 3-5 pairs of pants/shorts/sweats (clean, in fair condition – no holes larger than a quarter and pockets must be turned out, no jeans and shorts must be no shorter than 2 inches above the knee)
  - We can loan these if needed
- 3-5 T-shirts (no pockets, tank tops, strings, hoods or profanity)
- 3-5 Sweatshirts (no hoodies)
- 3-5 pairs of socks
- 3-5 pairs of underwear
- 3-5 bras
- 1 Hat
- 1 pair of slides or closed-toe slippers (no flip flops)
- 3 books or magazines
- Colored pencils/crayons/pens
- iPod or MP3 player (no camera/Wi-Fi, cannot be charged via computer)
  - Must have headphones
- Deodorant, chapstick and hairbrush (no aerosol products and these are held in cubby and used at the front desk)
- Lotion
- Toothbrush/toothpaste
- Shampoo/conditioner
- List of phone numbers

**Lifeline Connections is not responsible for lost or stolen items brought onto the unit.**

**Items left behind will be disposed of after 30 days.**