



## **Lifeline Connections Men's Low-Intensity 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. (Cell phone may not be used to play music)
- Cell phone (will be kept in lockbox in bedroom during scheduled activities)

#### **Clothing:**

- 7 tops/shirts - must cover stomach. (Tank tops must not be undergarment style).
- 7 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 good walking shoes
- 2 jackets/sweaters
- 2 pairs of shoes
- 7 pairs of socks and underwear
- Hat for outdoor use

**Other:**

- Toiletries:
  - Comb, brush, lotion, Q-Tips/cotton balls, toothbrush, toothpaste, dental floss, razors with covers and/or electric shaver w/three rotating flat heads, deodorant (non-aerosol), shampoo, conditioner, body wash/soap
- Activity books, art supplies and/or musical instrument
- 2-3 Non-recovery based books, stamps & stationary, photographs from home, list of phone numbers

**Do not bring:**

- Cigarettes, chewing tobacco, e-cigarettes/vape, lighters
- Drugs, alcohol, paraphernalia or contraband
- Any items or clothing that is racial, sexist, gang related or homophobic in any form (ex: headwear, accessories, clothing, figurines, posters, books/magazines, etc.)
- Food or beverages (including gum, candy or soda)
- Hygiene products that contain alcohol
- Baby talcum powder or baby oil
- Glue
- Personal cleaning supplies that contain bleach
- Any device with internet access (includes iPods)
- Electronic or video games
- It is recommended you leave your phone at home, you will not have access to it while in treatment
- Colognes, perfumes or body spray
- Valuables. We do not have sufficient locked storage.
- Devices with internet or phone access
- Stuffed animals
- Sports equipment (provided at site)
- Aerosol sprays/air fresheners/candles
- Nail polish/nail polish remover
- Hair dye

***ALL ITEMS ARE SEARCHED AND SUBJECT TO APPROVAL. THIS LIST IS ONLY A GUIDELINE.***

**This is a tobacco free facility. You can bring nicotine patches or nicotine lozenges with you for personal use as directed on box or prescription. These items are to be kept in your lockbox (lockbox provided upon admit). Nicotine patches or lozenges will not be provided to you by the facility.**

**Do not bring nicotine gum.**