



Intensive Inpatient Residential

What do I pack?

Adult Personal Items:

- 7 Combo of shorts/pants/jeans
- 7 Combo tops/shirts
- 2- 3 Dresses
- 1 Jacket
- 3 Sweatshirts/hoodie sweatshirts
- 2 Pairs of shoes
- 1 Pair of boots or sandals (seasonal)
- 7 Pairs of socks, 7 underwear & 3 bras
- 3 Pairs of pajamas bottoms or set
- 1 Pair of slippers

MUST BE UNOPENED

- 1 Body wash/soap*
- 1 Shampoo & conditioner*
- 1 Toothbrush & toothpaste & dental floss*
- 1 Deodorant
- 1 Lotion **unscented preferred*

OTHER:

- 1 Comb/1 brush
- 1 Pack of razors w/covers
- 1 Emery board & tweezers

MAKEUP

- 1 Mascara
- 1 Foundation/1 powder
- 1 Eyeshadow palette
- 1 Eye liner
- Etc.

NOTE: 1 of everything will be approved at time of admit

- 1 Radio/MP3 player (music downloaded), (cannot have Wi-Fi capabilities)
- 2 - 3 Non-recovery based books & stationary
- 5 Photographs from home (must fit on board in room)
- 1 Phone book/list of phone #'s
- 1 set of gel pens (36 or under)



1 coloring book

Held in staff office

1 nail polish/1 nail polish remover 2 pairs of shoes

Remember! These are just guidelines; you don't need to bring this specific amount of clothing with you – but DO NOT bring more than the guideline suggests. All items are subject to approval this is just a guideline.

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What NOT to Pack

Cigarettes/Lighters/Matches/E-Cigarettes

No curling irons or straighteners

Drugs/Alcohol/any paraphernalia or contraband

Any drug or gang affiliated materials (bandanas, clothing, figurines, Posters etc.)

Do not bring more than one of each makeup item.

Food & drink (including gum, candy or soda's)

Sugar

Candles

Air fresheners

Perfumes/body sprays

Mouthwash containing alcohol

Aerosol sprays

Baby talc/powder/oil

Fake nails or nail glue

Fake eyelashes/eyelash glue

Glue

Cell phones/pagers

Any electronic device with internet linking capabilities (working or not)

Liquid bleach

Plants/flowers

Hats, caps or head scarves

Hair dye



Clothes with drug/alcohol symbols or anything glorifying substance use
Blankets/pillows
Kindle/tablets/iPads/laptops
Stuffed animals
Hair cutting shears/scissors