

# **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 socks
- 3-5 pairs of underwear
- 3 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, no Wi-Fi, cannot be charged via computer).  
Must have headphones
- Deodorant, chapstick, and hairbrush (no aerosol products)
- Lotion
- Toothbrush/toothpaste
- Shampoo/conditioner
- List of phone numbers
- (Shirts, sweatshirts, and sweatpants will be provided by Lifeline)

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

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