



Lifeline Connections Men's Low Intensity Residential Program

Most of your needs are provided; however, you may want a few personal items.

Please limit 3 bags per person.

Bedrooms come furnished with all bedding and linens.

WHAT TO BRING:

Tobacco Products:

Tobacco Products are permitted at LIR. However, the following tobacco products are **not permitted**: chewing tobacco and tobacco pouches.

Medications:

Prescription medications 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.

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

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

Other:

- 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:

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| • Drugs, alcohol, paraphernalia or contraband | • Personal cleaning supplies that contain bleach |
| • Any items or clothing that is racial, sexist, gang related or homophobic in any form (ex: headwear, accessories, clothing, figurines, posters, books/magazines, etc.) | • Electronic or video games |
| • Food or beverages (including gum, candy or soda) | • Colognes, perfumes or body spray |
| • Hygiene products that contain alcohol | • Valuables. We do not have sufficient locked storage. |
| • Glue | • Stuffed animals |
| | • Sports equipment (provided at site) |
| | • Aerosol sprays/air fresheners/candles |
| | • Hair dye |
| | • Nicotine Gum/Chew |

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

Other Things to Expect:

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.

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.

