

# Pathways Packing List



## Recovery begins today.

Below is a general list of what you will want to pack and what you will want to leave at home. You can do laundry and have a scheduled day during the week based on your room number and time on the weekends. Please limit your items to 2-3 bags. Please do not bring anything containing drugs or alcohol. Any substances or items you bring containing substances or alcohol, including THC products, will be disposed of.

## What to Bring

### For your admission:

- Identification (state ID, license, passport, etc.)
- Insurance card
- Medications in their original bottles

### General:

- Clothing – both casual clothing and exercise clothing for the gym. We do have a washer and dryer available for use
- Weather appropriate outerwear such as raincoat, umbrella, etc.
- Personal hygiene items
  - o Toothbrush/toothpaste
  - o Hairbrush/comb
  - o Shampoo/conditioner
  - o Body wash/soap
  - o Shaving supplies
  - o Lotion
  - o Laundry detergent (optional – we do provide laundry detergent)
  - o Shower shoes
- Books/magazines/coloring books
- Cell phone
- Cigarettes
- C-Pap machine and other required medical equipment, if applicable
- Personal cup for water / coffee / tea

## What Not to Bring

- Alcohol or non-prescription/illegal drugs
- Vapes or smokeless tobacco
- Tablet or laptop (unless approved by staff)
- Aerosol cans
- Any product containing alcohol - perfume, cologne, mouthwash, etc.
- Inappropriate or revealing clothing including clothing with alcohol or drug logos/graphics
- Expensive jewelry or clothing
- Guns, knives, or any item that can be used as a weapon
- Any form of hair dye