

**Patients should bring the following items:**

1. Identification
  - a. Photo ID
  - b. Insurance Card (if applicable)
2. Clothing for Five Days (Washer and Dryer will be available):
  - a. Jeans, Khakis, Sweatpants
  - b. T-shirts, Polos, Sweatshirts, etc.
  - c. Shoes- sneakers, loafers, shower shoes
  - d. Socks and underwear
3. Hygiene Items
  - a. Towels and a washcloth
  - b. Soap, shampoo, toothbrush, toothpaste, and deodorant
  - c. Other personal hygiene products
4. Medication
  - a. 30-day supply of current prescription medication with refills (if applicable)

*We want patients to be comfortable during their stay but also feel good about themselves. It is important that we focus on treatment, so please keep your clothing selections conservative and free of rips or holes.*

**Optional Items:**

Hair dryer  
Head bands and hair ties  
Spiral notebook and pen  
Photographs of family  
Hat (for outdoor/recreation wear)  
Cigarettes (smoking is allowed outside during designated breaks)

**Please leave home:**

Cell Phone, laptops, tablets or other electronic devices  
expensive jewelry  
perfume or cologne  
vehicles