**Suggested List of Things to Bring:**

* Storage is limited, and there is laundry service on site, so please limit clothing to what will fit in a small duffle bag or suitcase, but no more than 10 sets of regular clothing.
* Regular clothing typically refers to jeans, slacks, sweat suits, shirts/t-shirts and blouses, and sweaters for everyday wear. Bring a jacket because temperatures may vary.
* The treatment environment supports logos and designs on clothing when there is no reference to drugs/alcohol.
* For your comfort, we ask that you bring only blouses/tops/shirts with sleeves.
* Shorts may work when the weather is warmer outside but need to be loose and hit no higher than 4 inches above the knee. You may need to participate in activities that will require this sort of fit.
* Comfortable shoes for everyday wear and recreation are recommended. Bring shower shoes when possible.
* P.J.’s, robe, and slippers are allowed. You may consider using sweat suits as an alternative. Be sure that slippers fit well and have non-slid bottoms.
* Underwear and socks.
* Mild fragrances such as those found in soap may be allowed, but strong perfumes and colognes and other alcohol based body washes and spritzes should be left at home.
* Personal hygiene products that meet the above criteria are welcome and the facility will provide you with these products if you do not have any.
* Writing materials (paper and pen,) books and journals are encouraged. Leave those with logos, pictures, etc. of nudity, alcohol and drugs at home, please.
* Hair tools and blow dryers are fine.
* Extra/preferred personal blankets or pillow covers are fine but not necessary as the facility provides bed linens, towels etc.
* Disposal razors are allowed.
* **All medications that you have, as well as the name and number of your pharmacist.**

**Do Not Bring:**

* Appliances and tools (radios, recorders, MP3 players, electric razors, sharp objects, lighters, etc.) Lighters will be available from staff for your use, as allowed/scheduled.
* Vehicles (Please arrange for someone to safeguard your vehicles for you prior to admission.)
* Money, over $100.00. If you can, please secure your money in the bank or with a trusted family member or friend.
* Anything of value, including valuable jewelry/expensive watches/designer clothing, etc.

**FPHSA** needs the following at admission, so bring all that you have if you have not sent them in already:

* ID
* Proof of income (may include current Medicaid card, Food Stamp award letter, Social Security/Disability award letter, termination or pink slip from your last employer, or paycheck stubs from the last 3 months. If you are married, please bring proof of your spouse’s income as well.)