

Essentials



- Identification (ID, driver's license, passport if needed)
- Insurance information
- Medications (in original labeled containers)
- Important documents (medical, legal, or treatment-related)
- List of allergies or special medical needs

Medications & Health



- Prescription medications (in original bottles)
- Over-the-counter medications you regularly use
- Vitamins or supplements (optional)
- Glasses/contacts / lens solution
- Any medical devices you require

Clothing & Personal Comfort



- Comfortable daily clothes
- Sleepwear
- Weather-appropriate jacket or coat
- Gym shoes/sneakers
- Undergarments & socks
- Casual shoes or sandals

Optional Personal Items



- Journal/notebook and pens
- Small photos or keepsakes
- Books or reading material
- Headphones or music player
- Personal comfort items (blanket, pillowcase, etc.)

Items Not Permitted

- Alcohol, drugs, or paraphernalia
- Weapons or sharp objects
- Certain electronics (check facility policy)
- Unapproved medications

Arrival Day Tips

- Bring everything in labeled bags if possible
- Pack light but include essentials for at least a week
- Keep documents and medications easily accessible
- Prepare for intake review and orientation