



RESIDENTIAL SUD TREATMENT PACKING LIST

(Clients may bring only one-piece of carry-on sized luggage)

What to bring for your stay:

1. One form of Identification
2. A 30-day supply of all current prescribed medications that can be taken in treatment, in original bottle.
3. 1 weeks' worth of comfortable clothing
4. Toiletries that do not contain Alcohol as their main ingredient. (We will provide basic hygiene essentials if needed)
5. HRC has cash only, healthy choices vending machines for client use. Clients may carry up to **\$30** in cash while at HRC (any additional cash will be locked in a secure location and can be dispensed to clients as needed).
6. Cigarettes, nicotine pouches (Zyn, On, Rogue Only), Vapes (Puff Plus, Puff XXI, Flum's Only) and **absolutely NO CHEW!**

What Not to Bring to Treatment:

1. Any substance that could cause an intoxicating effect
2. Drug paraphernalia of any
3. Items that could be considered a weapon
4. Food or Beverages of any kind
5. Bedding/pillows/towels (throw blankets permitted)
6. Electronics (including cell phones, 'fit bits', smart watches, etc. - if brought they will be stored away until discharge)
7. Straight Razors
8. Exercise Equipment
9. Musical instruments (Acoustic instruments are Ok)
10. Perfumes and aftershaves
11. Pornographic publications and materials such as sex toys or devices
12. Keys (if brought they will be locked up until discharge)
13. Over-the-counter medications, topical creams or douches
14. Laundry detergent (We will provide this)

**ANY VALUABLE ITEMS BROUGHT TO TREATMENT
ARE DONE SO AT CLIENTS' OWN RISK.
PLEASE BRING ESSENTIAL ITEMS ONLY – THANK YOU!**