# Packing for Your Stay



Choosing healing is a powerful step forward. To help you prepare, here's a simple guide list to ensure you have everything you need for a comfortable and successful stay.



#### Personal Items

- One form of photo ID \*We cannot admit without one
- Medical and prescription insurance cards (If applicable)
- All prescription medications in original labeled bottles



Avoid alcohol

based mouthwash

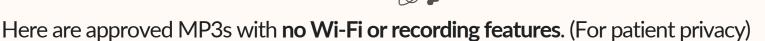


#### Clothing & Accessories

- 10–14 days of clothing Laundry services are provided
- Sweaters and long pants for cool offices
- Gym and yoga outfits, gym shoes
- Two pairs of sneakers or closed toe shoes
- 1–2 bathing suits
- Sunglasses
- Optional: MP3 player with limited access



- Shampoo and conditioner
- **Body soap**
- Toothbrush and toothpaste
- **Deodorant** 
  - Sunscreen
- Feminine products
- **Shaving items** ı



## What

- Bedding and towels are fully provided during your stay, so no need to bring your own.
- **Jewelry, watches, and other valuables** are best left at home. These items can be lost or damaged easily, and keeping them safe at home allows you to focus fully on you.

# Not to

Clothing that requires dry cleaning or special care should be avoided. Comfortable, easy-to-wash clothing is best for your stay.

### Bring

Revealing clothing or items with drug, alcohol, or inappropriate messages are not permitted. This helps create a respectful and supportive environment for all patients.