

# 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



## 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\*



## Toiletries

- ☐ Shampoo and conditioner
- ☐ Body soap
- ☐ Toothbrush and toothpaste
- ☐ Deodorant Avoid alcohol based mouthwash
- ☐ Sunscreen
- ☐ Feminine products
- ☐ Shaving items

Here are approved MP3s with no **Wi-Fi** or **recording** features. (For patient privacy)

## What Not to Bring

- ✗ **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.
- ✗ **Clothing that requires dry cleaning or special care** should be avoided. Comfortable, easy-to-wash clothing is best for your stay.
- ✗ **Revealing clothing or items with drug, alcohol, or inappropriate messages** are not permitted. This helps create a respectful and supportive environment for all patients.