



WHAT TO BRING & WHAT NOT TO BRING FOR YOUR STAY AT ADCARE

You will be sharing a room, a bathroom, and storage space with others who are trying to recover. Avoid creating temptation for others and placing yourself at risk by bringing expensive and hard to replace personal items into treatment. ALL your belongings will be searched on admission – going through an excessive amount of belongings slows your admission process and that of others. Keep It Simple.

BRING

- Photo Identification Card and Insurance card(s)
- (1) carry-on size overnight or duffel bag of personal belongings only
- (3-4) changes of casual, non-revealing clothes – jeans, sweat clothes, etc. Bring layers.
- (1) sweater or sweatshirt for layering in areas where air conditioning may be an issue
- (1-2) Pairs of Pajamas, Robe, Slippers, Socks
- (1) Pair of Shower Shoes/Flip Flops
- Prescription Medication in the original prescription bottles/packages, with patient's name on it
- Alcohol-free make-up
- Alcohol-free toiletries ONLY (No Perfumes, Colognes – these contain alcohol)
- Toothbrush, Hairbrush, Comb, etc.
- Hair Dryers, Curling Irons – must be safety-tested by Maintenance prior to use
- Unopened carton or Packets of cigarettes

DO NOT BRING

- Suggestive clothing or clothing with pro-drug/alcohol messages or images
- Tank Tops, short-shorts for Men AND Women
- Sharp objects, nail clippers, etc.
- Shaving equipment
- Baby Powder
- Cell Phones
Note: Cell phones are locked up upon admission
- Computers, iPads or Tablets
- iPods, MP 3 Players or Radios
- Jewelry or Watches that you are NOT 100% prepared to lose
Note: Only a limited number of valuables can be locked up upon admission
- Blankets, Pillows or Stuffed Animals
- Hair Dryer/Curling Iron