



Packing Checklist

WHAT TO BRING

Here is a list of personal items we recommend that you bring with you:

- Enough comfortable wash-and-wear clothing for 5 to 7 days
- Exercise clothing
- Comfortable shoes: you may want to include durable shoes for mountain hikes
- Appropriate sleepwear
- Winter – jacket, hat, gloves, boots
- Sweaters/jackets for fall-spring or light jacket/sweatshirt for summer
- Summer wear: walking shorts, T-shirts, hat, sunglasses, sunscreen SPF 15 or higher
- Toiletries: toothbrush, toothpaste, hair products, deodorant, hair dryer, body wash, lotion, shaving supplies, non-alcohol mouthwash
- Prescribed medications, if applicable (and a credit card or cash for co-pays/prescriptions). All prescriptions should be approved by the Diamond Tree Medical Director and filled prior to intake. Please fill for 30 days if possible.
- Driver's license, insurance card AND prescription card (if different from medical insurance card)
- If you smoke, 10-day supply of nicotine patches to be used for taper-down.
- Medical Clearance from physician (standard physical) including administration of TB test (TB test can be read at Diamond Tree, if applicable).
- Stamps/envelopes.
- Bring any hobby items (knitting, sketchbooks, etc.)

WHAT NOT TO BRING

Please avoid bringing any items of an offensive or sexual nature, as well as any products containing alcohol. These items will be confiscated upon admission and issued back to you upon discharge.

- Inappropriate clothing: any clothes that promote drugs or alcohol, anything with an offensive phrase, and any excessively tight-fitting or revealing clothing
- Items of any kind that include alcohol (such as mouthwash or NyQuil)
- Vitamins and other nutritional products. Need for these will be evaluated and provided as appropriate.
- Over-the-counter medication
- Soda pop, candy, snacks or other food items.
- Weight loss pills, energy pills, or any tobacco or caffeine products
- Nail polish, nail polish remover, or glue
- Electronic equipment: cell phones, iPods, computers, organizers, etc. No CD's or DVD's.
- Jewelry or similar items that exceed \$300 in value
- Reading materials, other than 2 self-help books. Additional items may be brought in at a later time if approved by staff.
- Weapons of any kind (including utility and pocket knives)
- Any other items that may be offensive or sexually suggestive

OTHER UNAUTHORIZED ITEMS BROUGHT TO TREATMENT

If you bring items that are sensitive or of high monetary value, we will keep these in a secure area and all items will be issued back to you upon discharge. These items may include Credit Cards or ATM cards, checkbook, excessive cash, passport, laptop, cellphone/smartphone, or any other personal item exceeding \$100 in value.

If you have any questions about any other items, contact us at: **1 (385) 888-9624**