



What to bring to treatment:

- Medical card
- List of names and contacts. doctors, family loved ones etc.
- 28 day supply of current prescriptions in the original pharmacy packaging
- Small amount of cash; coffee store runs etc.
- Pictures of your loved ones
- Stamps for mailing letters
- Books – positive orientated
- Shoes – comfy, gym, slippers, flip-flops
- Shirts/pants – seasonal
- Gym wear
- Bathing suit
- Undergarments; socks
- Night ware
- Hats
- Deodorant
- Toothpaste/ toothbrush
- Shampoo conditioner
- Body wash
- Mouthwash (no alcohol)
- Shaving cream
- Razor
- Hairstyling products (no alcohol)
- Comb/ brush
- Hairdryer, curling iron etc.
- Moisture cream
- Sunscreen (seasonal)
- Makeup
- Cigarettes, e smoke for at least 1 week
- Vitamins
- Gum (unopened)

What not to bring:

- Pornographic movies, books, pictures
- T-shirts with drug or pornographic reference
- Weapons – knives, bb-guns or other
- No alcohol based products. ie. Mouthwash, cologne, perfume, rubbing alcohol
- No large game consoles
- Candles or incense
- Please note that we have a dress code and this includes no revealing clothing
- Lottery or scratch tickets
- Gambling paraphernalia
- Laptops, ipads, netbooks etc
- **NO Cellphones**

***Please note that your belongings will be searched upon arrival at All-In Treatment

**Cellphones are not permitted during your stay.