

# Client Packing List

## What You Can and Cannot Bring

### Bring:

- Payment (any co-pay, deductibles if applies) agreed upon with the BRH Financial Counselor will be expected prior to the admission process
  - \*\*We ONLY accept FSA/HSA Card, Debit Card, Preloaded Debit Card, personal check/cashier check, No cash is permitted on campus unless pre-approved by clinical manager.
- A copy of your Insurance card or/and Medicaid information for verification
- Driver's license and insurance card AND prescription card if different from medical insurance card
- A 30-day supply of prescription medication, toiletries, originally packaged tobacco products, etc.
  - \*\*Shopping for supplies will be limited to necessities only\*\*
  - NOTE: Make sure your prescription medication is in the original pharmacy bottle with the information label intact. Any liquid medications must be new and sealed. You should also bring a list of all your medications and dosages
- Maximum of ONE medium/large suitcase/luggage; space is limited, and additional luggage/belongings will not be allowed
- Enough comfortable wash and wear clothing up to 1 WEEK
  - \*\*We provide washers/dryers, detergent, please DO NOT over pack\*\*
- Exercise clothing & exercise shoes; winter clothes for outside winter walking/activities and swim gear for summer activities
- Comfortable shoes (you may want to include warm slippers for winter and sandals for summer)
- Appropriate sleepwear
- Sweaters/jackets for fall/spring, heavy jackets for winter, a light jacket or sweatshirt for summer.
- Summer wear: walking shorts, T-shirts, hat, sunscreen SPF 15 or higher
  - \*\*All clothing must cover midsection/stomach completely and have an appropriate neckline for female residents, including one-piece bathing suit for women NO EXCEPTIONS\*\*
- Toiletries: toothbrush, toothpaste, hair products, deodorant, hair dryer, LIQUID body wash, lotion, shaving supplies
- To-go coffee cup
- Small travel alarm clock is suggested, but not necessary
- Bring any hobby items (knitting, books, sketchbooks, coloring books/materials etc.)
- Stamps and envelopes if you wish to mail letters
- A list of names, addresses and phone numbers of those you wish to have involved in your treatment (loved ones, healthcare professionals, sponsors, etc.)
- Pictures of your loved ones to keep in your room or wallet
- Unopened and sealed packs of cigarettes and/or chewing tobacco

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### Don't Bring:

- No outside food or beverages- individually wrapped candies are the only exception (i.e starburst, jolly ranchers and etc)
- No cell phones, computers, tablets, or personal electronics of any kind unless pre-notified and preapproved by our Clinical Team
- No products containing alcohol in the first three ingredients will be allowed, including mouthwash or other personal products
  - No aerosol cans
  - No perfume or cologne
  - No vapes
- No expensive jewelry or excessive cash
- Do not bring towels, sheets, blankets, or pillows \*\*They will be provided\*\*
- No tanning oils, other self-tanning products, hair dye, or bleaching products
- No outside exercise equipment unless notified and approved by our Clinical Team
- Do not bring your vehicle unless it is absolutely necessary, all vehicles are susceptible to being searched