



## Items to Bring:

- Personal identification card;
- Insurance card/insurance prescription card(s);
- Credit card/debit card, and some cash;
- Emergency Contact Information;
- Medication(s)/supplements for 35 days
  - Medications must be in prescription containers with your name on them; any supplements must be in new, sealed containers;
  - Medications will be surrendered to Align Recovery. Any medications not prescribed or discontinued while at Align Recovery will be disposed of;
- Toiletries (shampoo, conditioner, body soap, deodorant, feminine hygiene products, alcohol-free mouthwash, etc.);
- We recommend you bring casual and comfortable clothing as our weather can include cool mornings, hot daytime temperatures and varied evening temperatures so be sure to pack appropriately.
  - Slacks or Jeans (no holes);
  - Shorts (not more than 4" above the knee);
  - Dresses or Skirts;
  - T-shirts (prefer no logos);
  - Sweatshirt or light jacket, in winter consider bringing layers as it can dip into the thirties overnight;
- Walking shoes (tennis shoes, boots/closed-toed shoes required for some activities);
- Flip flops/water shoes are recommended;
- Sunglasses, hat/cap/visor and sunscreen;
- Reading glasses, if needed;
- Cigarettes, chewing tobacco, and e-cigarettes are allowed in designated area (be sure to bring a 35-day supply). Also, any e-juice must be in sealed containers;

## Items of Special Consideration:

*The following items will be taken from the resident upon arrival and placed for safe-keeping until it is determined if the resident can have these item(s).*

- Electric devices with cords (hairdryers, shavers, irons, radios)
- Glass items
- Mirrors in makeup cases
- Belts/strings – bring bottoms/tops that require no belts or strings
- Razors

## Items Not to Bring:

- Provocative clothing (including belly shirts, crop tops, spaghetti strap tank tops etc.);
- Clothing that depicts anything sexual, alcohol or drugs, violent, gambling logos, etc.;
- Expensive and/or sentimental jewelry;
- Disposable straight razor, razor blades, or pocket knives;
- Aerosol cans;
- Inappropriate books or magazines;
- Scented lotions or body sprays;
- Diffuser (essential oils are okay);