



## **Packing List for Residential Treatment**

### Approved/Recommended Items

- Everyday Clothes and shoes (pajamas, casual, seasonally appropriate, shower shoes)
  - Bring 5 days worth of clothing
- No more than 1 small carry on/duffel type bag.
  - Size clarification: no taller than knee, no longer than right arm
  - Washer and dryer onsite with laundry detergent provided
  - Staff will assist in sending back items if more than one bag is brought.
- Unopened Personal Hygiene Items
- Towels, washcloths
- Photo ID and Insurance Card
- Book or Journal
- Approved Prescription Drugs:
  - minimum of a 2-week supply of prescribed medications must be in appropriately labeled bottles (your name, medication name, dosage, frequency.)
  - Fill any prescriptions prior to admission. Over-the-counter medications must be approved by a physician and will be dispensed and maintained by appropriate staff.
- Court or Probation/Parole/ Furlough Forms
- Phone card for long distance calls
- If you smoke cigarettes, please plan to bring a supply suitable for your stay. The Next Door does not purchase any tobacco products for residents.
- No more than \$50 cash

### Items Prohibited:

- Cell Phones
- Weapons
- Personal Hygiene Items with Alcohol with alcohol in the first 3 ingredients, i.e. mouthwash, anti-bacterial, hairspray, etc.
- Drugs: Including Prescription Medicines not in your name.
- Energy Drinks
- Aerosol Cans
- Clothing that is too tight, revealing or too short.
- Clothing with alcohol, derogatory, sexual or drug logos, or promotes gang themes
- Personal pillows or linens
- Candles
- TV's, Laptops, iPad, DVD's, any electronic that connect to the internet
- All foods, including energy bars and health food supplements