

Residential Treatment Packing Guide

PERSONAL POSSESSIONS

Because of space limitations and safety, the amount of items you can have are limited. Items can be brought to the SUD outpatient office at 1010 E Williams St. on Monday-Friday, 8am-4:30pm. Items that could be dangerous to a child, must be kept in a secure closet. Items that you may bring must be included on the list below:

Clothing for Adults and Children

- Tops, bras, pants/jeans – up to 7 of each
- Hoodies- zip-up or pullover – 2
- Undershirts – up to 5
- Shoes- up to 3 pair (including house shoes)
- Dresses/business casual outfits – up to 2
- Socks and underwear – up to 10 pair
- Sleepwear – up to 2 sets for adults and 5 for children.
- Robe/cover-up – 1
- Jacket/Coat – up to 2

Seasonal Items

- Swimwear (one-piece suit for women) - 1

Please Note: Shorts must be longer than your fingertips when standing up. Tank tops are allowed to be worn alone when the straps are wider than 3 finger widths. If smaller, it is considered an undershirt and another shirt must be worn over it. The rule of thumb for clothing sizing is to please cover cleavage, mid-drifts and underwear when standing, sitting or bending over.

Clothing for Infants (1-23 months)

- Outfits – up to 15
- “Onesies” – up to 10

Bedding and Linens

- Hand towels, bath towels and wash clothes – up to 3 of each
- Pillows – up to 2
- Comforter, Blanket – 1 of each
- Hope House: Twin sheets – 1 per adult and 2 per child
- Oak Meadow: Full sheets – 1 per adult and 2 per child

Hygiene Items (* denotes required items to bring)

- Shampoo* and conditioner
- Bath soap*
- Deodorant*

- Brush or comb*
- Toothbrush (2) and toothpaste*
- Body scrub pad
- Hair gel
- Facial cleanser/moisturizer
- Makeup (up to 10 items)
- Mouthwash (alcohol free, unopened)
- Dental floss
- Nail files/clippers
- Tweezers
- Razor
- Tampons or pads (1 box)
- Hair dryer, flat iron, etc – up to 2
- Laundry detergent and/or fabric softener (liquid only)
- NOTE: Hair coloring or cutting is not approved on First Resources grounds.

Miscellaneous Items

- Car seat – must have one per child based on appropriate age/size
- Books – (up to 4)
- Religious and/or recovery text - unlimited
- Coffee mug or water bottle (must have lid)
- Shower caddy
- Crayons or water color markers – 1 set
- Baby monitor
- Fan
- Radio
- MP3 Player – cannot have photo or wi-fi capabilities
- Alarm clock
- Stamps and envelopes
- Toys/stuffed animals – 10 per child
- Stroller
- School supplies and a backpack for school age children

ITEMS ALLOWED, BUT MUST BE SECURED IN A LOCKER:

- Products that have alcohol as one of the first 3 ingredients
- Aerosol sprays (pump sprays are allowed)
- Cell phones
- Nicotine patches/gum/lozenges
- Over the counter medication if in an unopened package

ITEMS NOT ALLOWED:

- No Vapes, Lighters, or Cigarettes
- Candles, Scentsy Pots
- Products that are flammable
- Bath salts
- Glue
- Weapons
- Illicit substances
- Cameras
- Tape (it takes paint off the walls)
- Vehicle (unless arrangements are made with First Resources staff in advance)
- No glass (Glass In frames must be removed)

You are encouraged to mark your belongings. In order to account for all your belongings, please be sure to complete a personal inventory log upon admission. We recommend that you leave all valuables at home as the facility is not responsible for lost or stolen items. We encourage you to only keep small amounts of money and/or personal possessions on your person. First Resources will not be responsible for items solicited, borrowed, loaned, or gifted if they are not returned or if they are destroyed. First Resources is not responsible for theft or vandalism of personal items and will not assume responsibility for money or other personal possessions that are left unattended.

MEDICATIONS

All prescribed medications must be turned into the tech upon admission. All written scripts are to be turned into staff to fill.