

## **What to Bring to Treatment**

### Items to Bring:

- Underwear/Socks
- 1 Week of Clothing
  - Appropriate for both hot & cold conditions
  - Suitable for fitness & outdoor activity
- Pajamas
- Tennis Shoes
- Toiletries
  - Shampoo, Conditioner, Toothbrush, Lotion, etc.
- Items used for coping or downtime activities
  - Writing or Art Materials, Music, Books, Games, etc.

### Items Provided:

- Toothbrush
- Mouth wash
- Brush/Comb
- Shampoo, conditioner, shower Gel
- Deodorant
- Pillows, bedding, & towels
- Laundry detergent
- Shaving razors
- All meals, snacks, and beverages

### Locked Items (Checked In & Out by Staff):

- Toiletries (with alcohol in the first three ingredients)
- Cigarettes, lighters, and matches
- Mirrors, tweezers, and nail clippers
- Food or beverage items

### Contraband Items:

- Gum
- Condoms
- Cameras, cell phones, and electronic devices with cellular capability
- Knives, razors, or any other sharp objects
- Vitamins or medications not administered by Nursing Staff

\*\*\* Please note that the items listed above are just suggestions. Alpine can assist you with acquiring any necessities that you do not currently have.