WHAT TO BRING TO RESIDENTIAL TREATMENT

Note: Each treatment center retains the right to restrict items. Some items may be locked up.

CLOTHING - MAXIMUM

• 10 pairs of under garments (socks, underwear, t-shirts, bras, etc.)
• 8 changes of outer clothing (pants shirts, skirts, dresses, etc.)
• 4 pairs of shorts (seasonal)
• 2 sweaters
• 3 pairs of sweatshirts, sweatpants, or recreation outfit
• 2 pairs of pajamas
• 1 bathrobe and 1 pair of slippers
• 2 belts
• 1 light jacket
• 1 heavy coat (seasonal)
• 2 hats/caps (must be worn correctly)
• 3 pairs of shoes, including 1 pair for recreation
• 1 pair winter boots (seasonal)

SUNDRIES - 1 ITEM EACH

(All must be unopened and in original packages, and nothing containing alcohol)

• Shampoo, conditioner, soap, body wash/bath gel
• Shaving cream
• Deodorant (solid only)
• Toothpaste and toothbrush
• Razor (manual or electric)
• Nail clippers and tweezers
• Make-up - limit 10 items

PERSONAL ITEMS

• 1 pair sunglasses
• MP3 player, personal CD player, or radio (by request - please bring headphones)
• Alarm Clock
• Blow dryer
• Lighter
• Unopened packages of cigarettes (adults only)
• Jewelry is discouraged (Gateway is not responsible for lost or stolen items)
• Stamps, stationary
• Pens, pencils, highlighter
• Binder, folder, or notebook
• Leisure books (limit 2)
• AA and/or NA books
• Family pictures (no frames with glass)

We would like your time at our treatment center to be focused on learning tools and skills for life-long recovery. In our experience there are some items that may cause distractions for you while in treatment, so we ask that you do not bring these items with you:

• Electronics
  - Cell phones or MP3 players with camera feature
  - Personal TV or radio
  - Cameras or video recorders
  - E-readers with internet connectivity
• E-cigarettes
• Perfume or cologne
• Clothing with alcohol or drug references, or bands
• Personal pillows, sheets, blankets
• Stuffed animals
• Aerosol cans
• Loose tobacco, rolling papers, cigars, cigarillos, chewing tobacco, snuff
• Food or beverages
• Purses or backpacks