



## Before You Arrive

### Client Prep Guide — What to Bring, What Not to Bring, and What to Expect

#### Bring These Items

- **3–7 days of comfortable, modest clothing +** sleepwear
- **ID, insurance and prescription card**
- **Prescription medications ONLY** in original pharmacy-labeled bottles (packed in a separate clear bag)
- Minimal makeup (a few basic items only)
- Hair dryer, shower flip-flops
- **Sealed/unopened nicotine products** (cigarettes, disposables, pouches, chew)
- Small hobby items (journal, book, sketchbook, simple crafts)
- Basic toiletries: toothbrush, toothpaste, deodorant, Hairbrush, shampoo/conditioner

#### Do NOT Bring

These items are not allowed and will be locked up or discarded:

- Anything containing **alcohol** (NyQuil, mouthwash, perfume, pump hairspray)
- **OTC meds, vitamins, supplements, caffeine/energy pills**
- **ADHD or pain medications** unless approved by the admitting provider
- Illegal drugs, drug paraphernalia, cannabis products
- Jewelry over \$100
- Weapons, sharps, pocketknives
- Revealing or offensive clothing, or anything porn or alcohol related graphics
- Tech items such as laptops, tablets, AirPods
- Large amounts of food or drinks (small sealed snacks okay)

#### Transportation

- **Personal vehicles may not stay on the property.** Whoever drops you off must take the vehicle with them.

#### What Happens at Intake (60–90 Minutes)

- Check-in and paperwork
- ID verification
- Medical screening by a nurse or provider
- Urine drug screen and/or breathalyzer
- Bag search and clothing change-out
- Medications counted, labeled, and secured
- Brief facility tour and orientation

#### Phone Access

Daily scheduled phone times are available once admitted. Full phone rules will be explained during intake.

#### Helpful Tip

If transitioning to RTC after detox, bring a **small separate bag** with 3–5 days of clothing, toiletries, and simple leisure items to streamline the process. **When in doubt, leave it at home.** Be honest, cooperate, and breathe. Everyone going through this door is nervous – the staff have done this thousands of times and just want to keep everyone safe. **You've got this.**