



Recommended Items to Bring

- A driver's license, passport or government issued photo ID
- Insurance Card
- Stationary, stamps, envelopes
- A 30-day supply of all prescribed medications in their original containers. These must have the original label from the pharmacy. Doctor's sample packets cannot be allowed.
- Names, addresses and phone numbers of health care professionals, referents, family members and anyone else that you would like to be involved in your treatment.
- Modest casual attire (clothing with tears or holes are not permitted, no tank tops or sleeveless tops of any kind)
- Sleepwear
- Undergarments
- Bathing suit
- Casual and athletic shoes. A comfortable pair of hiking boots is recommended as well.
- Personal toiletries including shampoo and conditioner, hair products and mouthwash, body lotion and sunscreen, deodorant, shaving cream, toothpaste. All personal hygiene products must be alcohol free.
- Electronics: Hair dryer, CD player (w/o radio). Clients can have a maximum of 5 CDs. They must be original, no burned CDs.
- If you smoke cigarettes or vape, you must bring sealed packages and/or cartons. We do not supply cigarettes, nor do we take responsibility for the acquisition of cigarettes while you are in treatment. Family members may ship cigarettes if the need arises. We have a smoking cessation program for those interested.

Prohibited Items

- Cameras
- Cell phones, PDA's, iPods/iPads/MP3 players, computers, portable media or gaming devices.
- Weapons of any kind
- Drugs, alcohol or paraphernalia
- Linens, blankets, pillows. The Arbor will provide all needed linens.
- Metal fingernail files or scissors
- Energy drinks
- Food of any kind.
- Open liquids. i.e. vape juice, contact solution, makeup remover, soaps/ shampoos.
- Open packs of tobacco or vape juice.
- Inappropriate clothing: tight fitting or revealing clothing, clothing that advertises drugs or alcohol products or use, clothes with holes or tears.
- Items of excessive value. Expensive watches, jewelry or important documents that could become damaged or lost while in treatment are recommended to be left at home.
- Cosmetics or personal hygiene products that contain alcohol.
- Fingernail polish remover or nail glue.
- All medications must be pre-approved by the Director of Admissions. Any unauthorized prescription medication will be released to family or destroyed upon admission to the facility.