



## Residential Packing Checklist

### Appropriate Items to Bring:

#### **Clothing:**

- 7-10 day supply of clothing: Please note, there is limited amount of closet and armoire space. Over packing may result in clothes being sent back with a loved one. All clothing must be modest and appropriate.
- 2-3 pairs of shoes: Comfortable, walking shoes

#### **Toiletries:**

- Soap, shampoo, deodorant, toothpaste, toothbrush
- Hair dryers, curling irons, flat irons and razors (*please note these items will be stored by the residential staff when not in use*)

#### **Electronics:**

- Cell phone, laptop, MP3 player, Kindle
  - Access to electronics is given after the 5 day rest period
  - Following the 5 day rest period, we strongly encourage clients to limit electronics use and to turn in electronics prior to 8:00 p.m.

#### **Medications:**

- Current prescribed medication in the original pharmacy labeled pill bottle
- All over the counter medications taken regularly e.g. vitamins, pain relief medications, supplements (*Please note, we are unable to accept medications that are not in the original pill bottle. Pill boxes cannot be utilized.*)

#### **Miscellaneous:**

- Eye glasses, hearing aids
- Water bottle
- Books appropriate for recovery
- If you are a smoker, we encourage you to bring some type of smoking cessation product e.g. nicotine patch or nicotine gum.
- Money, recommend not exceeding \$50.00
- Photos for your room are permitted but please do not bring glass picture frames. Please note items cannot be attached to the wall.

#### **HopeWay will provide the following:**

- Bedding, blanket, pillow, towels
- Tide laundry detergent
- Toilet paper
- Hand soap
- Clothes hangers/armoire

#### **Items to remain at home:**

- Cigarettes, vape pen, or electronic cigarettes
- Lighters or matches
- Alcohol, illegal substances
- Valuables, including jewelry
- Outside food
- Video game consoles and controllers
- Glass of any kind
- Blanket or pillow

\*Please contact your Admission Specialist if you have questions about bringing items not listed.