



What To Bring/What NOT To Bring

To provide a safe and comfortable treatment setting, we asks patients refer to the following list of items allowed during your stay. Items that do not adhere to this list will be sent home or stored. If you have specific questions rearguing this list please speak with your Admissions Clinician.

What To Bring To Connections House/Apartment

- Current prescription medications in their original, labeled containers
- Over-the-counter medication you take regularly
- Toiletries (toothbrush, toothpaste, shaving razor, feminine hygiene products, shampoo/conditioner, body wash, etc.)
- Comfort items (throw blanket, favorite pillow, slippers)
- Spending money or credit/debit card for outings
- DVD's, laptop, tablet, iPod
- Journal, knitting, crossword puzzles, books

PROVDIED: Sheets, blankets, pillows, towels, washer/dryer, laundry basket, and laundry detergent.

What NOT To Bring

- Weapons
- Drugs/Alcohol
- Food/Drink (including gum, candy, caffeinated items)
- Water bottle
- Fitbit or other tracking devices
- Items of value and large amounts of cash
- Clothing displaying drugs or alcohol
- More luggage than you can manage on your own
- Fashion magazine or other publications that could be triggering
- Items that could be dangerous or triggering to yourself or others (diet pills, non-prescribed laxatives, unauthorized supplements, energy drinks, diuretics, etc.)
- Pets of any kind, including comfort animals and therapy animals (certified service animals are permitted)