

# WHAT TO BRING

## CLOTHING:

Dress for therapy should be casual and in good taste. Appropriate attire: jeans, casual slacks, sport shirt, skirts, and dresses which are knee length or longer; jogging suits and appropriate length shorts, such as Bermuda/walking shorts.

Open shirts are not allowed and are considered inappropriate. Please do not bring Lycra tights, biking or running shorts, blouses with spaghetti straps or tank tops.

Women: bras are required attire.

Lightweight jackets and sweaters are recommended for eveningwear year-round. A heavier coat or jacket is recommended for winter months.

Clothing that depicts alcohol, drugs, tobacco, sex, and violence or is otherwise deemed inappropriate by staff is not permitted

Articles deemed inappropriate will be kept secure until your departure.

We recommend that you bring a limited amount of clothing. Laundry facilities, including supplies, are available for patient use. Irons and ironing boards are accessible, but we suggest that wash-and-wear clothing would be more convenient.

You may bring your "special" pillow, if needed.

You may want to bring a sweater or comfortable pullover for the classroom settings.

## ADDITIONAL SUGGESTED CLOTHING FOR EQUINE PROGRAM:

Boots or sturdy leather tennis shoes.

Hat or visor.

Sun glasses.

## ADDITIONAL SUGGESTED CLOTHING FOR THE WELLNESS PROGRAM:

Sweatpants/shorts (appropriate length).

Tennis shoes/hiking boots (for walking and hiking).

Flip-flops and loose fitting t-shirts.

Lycra Tights and biking/running shorts are not appropriate

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# WHAT TO LEAVE AT HOME

Upon checking in, our staff will examine you and check your belongings.

Please do not bring:

Valuables

Excessive/expensive jewelry

Radios, tape recorders/players, tapes, TV, any audio/video equipment

Blankets

Shoe polish

Detergent (unless you have an identified allergy to detergents)

No aerosol spray or body spray with alcohol in it

Glass items such as picture frames

Straight razors and razor blades

Pocketknives or weapons of any kind

Knitting needles, crochet hooks

Metal hair picks

Recreational reading materials such as magazines, novels, etc. (The *AA Big Book* and other recovery books are provided)

Mouthwash products or products containing alcohol,

Food items including but not limited to beverages (bottled or canned).

Bottled water is acceptable.

Exercise equipment

Musical instruments

Computers

Cellular phones

Irons

Should you bring any of these items, they will, at our discretion, be kept secure until your departure or shipped to your home at your expense.

All electrical items, such as hair dryers and curling irons, will be checked for safety before you will have access to them. If you have any questions please feel free to contact our admissions staff at 1-800-392-4808.