

SANCTUARY SOBER LIVING

What to Bring and What Not to Bring

Please Bring the Following Items:

- All personal hygiene articles including; bath soap, deodorant, shampoo, razor, toothpaste, toothbrush and feminine hygiene products.
- Blow dryer, flat iron, curling iron
- Comfortable, casual clothes
- Walking shoes/tennis shoes
- Socks/Undergarments (several pairs)
- Gym/yoga attire
- Jacket, sweatshirt or heavy sweater (For indoor use and for cooler evenings)
- Bathrobe, slippers and pajamas (**Note:** Slippers cannot be worn in the clinical offices)
- Prescriptions for any approved medications
- Insurance Card/Drivers License/Social security card

Do Not Bring:

- Any medications that are not pre-approved or without prescription
- Clothing that depicts or promotes the use of alcohol, drugs, or tobacco
- Over the counter medications unless for a specific condition
- Drugs or drug paraphernalia
- Cameras (for privacy purposes)
- Mouthwash, hydrogen peroxide, or isopropyl alcohol or **any items that contain alcohol**
- Radio/Stereo with external speakers (headphones must be used)

Optional/Recommended Items:

- Portable CD/Tape Player with headphones or I-Pod (No I-Phones or smart phones, music must be stored on a device without a send/receive function)
- Multivitamins (one nationally recognized brand in original container)
- Watch and alarm clock (cell phones are not available for the beginning portion of treatment)
- Sunscreen
- Journal
- Swim suit
- Personal address book, stationery, stamps and books
- Sunglasses
- Reading materials (Books are available but you may want to bring your own)
- Pictures of Family or Friends
- Beach towel
- Pillow (Bedding is provided but residents might want to bring their own pillows)

***Disclaimer: Sanctuary House cannot be held responsible or accountable for any items that are lost or stolen during the course of treatment.**