



LIVING HOPE RESIDENTIAL TREATMENT CENTER PACKING GUIDELINES

WHAT TO BRING

- Comfortable, loose fitted clothing, for example, and depending on the season, t-shirts, shorts, jeans, skirts, sweaters, pants, lounge wear, socks, undergarments, belts
- Outfits to wear on day time outings
- Shoes, for example, tennis shoes, sandals, house shoes or any other comfortable type of footwear
- Jacket or Coat, depending on the season
- Watch
- Journal/Notebook
- Stationary
- Stamps
- Books/Kindle
- Electronics, such as cell phones, tablets, lap tops, ipod, MP3 payers, etc. and any chargers that may be required
- Toiletries and personal care items, for example, toothbrush, toothpaste, mouthwash, dental floss, shampoo and conditioner, soap, lotion, feminine hygiene products, makeup, hairbrush, hair dryer, styling products, etc.
- Bedding and towels are provided, but you may bring your own sheets, towels or blankets
- Pictures of family, friends and/or supportive people
- Art supplies (no sharps)
- Knitting or crocheting supplies
- **7 days worth of medication in original containers**

WHAT NOT TO BRING

- Food items such as candy, gum, mints, sweetener, sodas, etc.
- Sharps of any kind (scissors, razors, pocket knives, metal hangers) Electric razors are permitted
- Eating disorder related items, such as, exercise bands, weights, laxatives, diuretics, diet pills, etc.
- Eating disorder related material, such as, diet books, cook books, exercise videos, etc.
- Scale
- Over the counter medications
- Herbal supplements, vitamins, teas or powders
- Straightening irons
- Bobby pins/hair pins
- Jewelry of any kind, including wedding rings
- Empty containers or bags
- Cigarettes (Vapes are permitted)

