



Packing List

Welcome to Waypoint Recovery Center! The following is a general list of items we recommend clients bring to make their stay more comfortable. Please note that not all prohibited or suggested items may be listed. Please discuss items of concern with your counselor or an admissions professional prior to arrival.

Clothing Items:

Be sure to bring seven (7) days' worth of comfortable, weather appropriate clothing that complies with the dress code. This should include:

- ✓ Shoes (everyday shoes, tennis shoes, shower shoes, slippers)
- ✓ Shirts
- ✓ Pants
- ✓ Shorts
- ✓ Socks
- ✓ Undergarments
- ✓ Pajamas
- ✓ Coat/Jacket
- ✓ Bath Robe
- ✓ Belt
- ✓ Hat

Personal Hygiene & Beauty Products:

We require all toiletries and beauty products to be completely alcohol-free. Do not bring aerosols. Bring thirty (30) days' worth of **new/unopened** toiletries and beauty products, including:

- ✓ Deodorant
- ✓ Toothbrush and toothpaste
- ✓ Shampoo and Conditioner
- ✓ Personal body wash
- ✓ Hair styling products (pump hair spray only/no aerosols)
- ✓ Comb/brush, hair dryer, curling iron, straightener
- ✓ Feminine hygiene products
- ✓ Shaving cream and razors
- ✓ Lotion
- ✓ Sunscreen
- ✓ Makeup (optional)

Personal Items Allowed:

- ✓ Musical instruments (small, portable instruments such as guitars, ukeleles, or harmonicas)
- ✓ A list of names, addresses, phone numbers, and those who you wish to have involved in your treatment (loved ones, healthcare professionals, 12 step sponsors, referral sources, etc.)
- ✓ Alarm clock (we do not have them on hand)
- ✓ Fan (we do not have them on hand)
- ✓ Credit or Debit card to pay for medication or treatment. (No cash is necessary during treatment. Only a prepaid card with no more than \$100 on it for cigarette purposes, we do not go on outings)
- ✓ Your insurance cards and a form of identification (driver's license, passport, etc.)
- ✓ Stamps and envelopes if you wish to mail letters
- ✓ Pictures of your loved ones to keep in your room (optional)
- ✓ Tobacco Products (cigarettes, dip, vapes) be sure to bring enough for your entire treatment stay, if you begin to run low then you will let your counselor know and they can contact family to mail you in more. **All products must be sealed/unopened prior to arrival at the facility.**

Personal Items with Possible Restrictions:

- ▲ Everyday Jewelry (only things that you wear on the normal, perhaps your wedding band) Any other valuables, please leave at home.
- ▲ Any current prescriptions in the original pharmacy bottle with the information label still intact. Any liquid medications must be sealed. Your medications cannot be in a pill organizer.
- ▲ Fishing Gear (optional); if you decide to bring a small tackle box, a **utility knife is not allowed!**
- ▲ Smart watches are allowed for **glucose monitoring only**. (The phone would be kept with the nursing station)

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Prohibited Items:

These are items that you should not bring with you to treatment. Prohibited items are determined by staff and may include, but are not limited to:

- ✗ Cellphones (If you bring your cellphone to treatment when you admit, it will be locked up during the stay.)
- ✗ Chargers (You will not need to bring any chargers with you to treatment. If it is for a medical device, pedometer, or CD Player you must let us know)
- ✗ Drugs or alcohol
- ✗ Narcotics or prohibited prescriptions
- ✗ Weapons (guns, knives, scissors, sharp objects, etc.)
- ✗ Pornography or sexual pleasure toys
- ✗ Toiletries and beauty products that contain alcohol (mouthwash, perfume, etc.)
- ✗ Unapproved or already opened OTC medications
- ✗ Nail polish, polish remover, or synthetic nail related products
- ✗ Video games or DVDs
- ✗ Revealing or potentially triggering/disruptive clothing, including but not limited to crop tops, tank tops (men's or women's) short shorts, clothing with drug-, alcohol-, or violence-related imagery or messages, undershirts worn as outerwear, or other attire deemed inappropriate by staff.
- ✗ Aerosols
- ✗ Cleaning Supplies (we have approved supplies on site)
- ✗ Electronics (televisions, gaming consoles, smart watches, etc.) that require internet usage or have cameras
- ✗ Candles or incense
- ✗ Outside food and drinks

Additional items you may choose to bring; however, these items are also provided during treatment:

✓ Comforter/throw blanket/pillow

We provide you with a full set of bedding. If you typically sleep with more than one pillow or would like an additional throw blanket, you are free to bring one with you to treatment. We ask that they are **not white** as we do not want them to get mixed up with what we provide. **Pillows or blankets must be brand new/unopened.**

✓ Towels/rags

We provide you with a towel, bathmat, and wash rag upon arrival of admission. We will collect all towels and wash them for you twice a week. If you wish to wash them yourself between those days, that is fine. If you bring a second personal set, we ask that they are **not white** as we do not want to get mixed up with what we provide.

✓ Cup/tumbler

One will be provided to you but if you would like to bring an additional personal one from home that is fine. You will be provided with one at time of admission.

Welcome Bag:

Upon admission, you will receive a welcome bag that includes a Waypoint tote bag, cup, pen, stress ball, and binder. Inside the binder, you will find the Patient Handbook along with additional informational materials. You will also be provided with a notebook for taking notes and recording important information during your stay.

We look forward to welcoming you to Waypoint and supporting you throughout your treatment experience.

