

Packing List for Future Residential Patients

Everybody's needs during drug or alcohol treatment are a little different. If you're planning on attending one of our residential programs, you're likely wondering what you should bring.

Here's a list of things you should consider bringing...and there are definitely things you should NEVER bring with you.* If you need clarification, feel free to reach out to our team.

Items to bring with you

- Co-payments for prescription medications – cash or credit card (applies to adult patients only)
- 7 days of casual clothing, including a sweater or light jacket and pajamas
- Current prescribed medications (no samples). They must be in the original pharmacy bottle, which shows prescription information. Liquid medications must be new and sealed.
- Multivitamins
- Laundry supplies
- Alarm clock
- Money for vending machines (applies to adult patients only)
- Long-distance calling cards
- Personal hygiene items
- Razor or electric razor (applies to adult patients only)
- Electric razor (applies to adolescent patients)
- Shaving cream
- Unopened cigarettes (sealed package)

Over-the-counter medications are allowed, but they must be either new or unopened.

We allow:

- Ibuprofen
- Imodium
- Maalox
- Melatonin
- Milk of magnesia
- Mints
- Nicotine patches (if needed)

Items you cannot bring with you

- Alcohol or drugs
- Sample medications
- Pornography
- Weapons of any kind
- Musical instruments
(adolescent patients may bring them)
- All electronic equipment, including:
cell phones, iPads, laptops, DVD players,
MP3 players**
- Excessive makeup, clothing, jewelry
- Musical device with recorder
- Mouthwash containing alcohol
- Food or drink of any kind
- Smart watches
- Tobacco products, including:
chewing tobacco, cigars, cigarillos,
pipes, or vapes
- Herbal products
- Supplemental vitamins
- Short shorts, halter tops
- T-shirts or ball caps with
inappropriate wording
- Shirts that show your midriff.
(When you hold your arms up,
we should not be able to see your
skin or underwear.)
- Flip flops
- Fans
- Pillows, blankets, comforters
- Money
(applies to adolescent patients only)
- Radio
(applies to adolescent patients only)

*This is not an exclusive list; each location will ask you to bring or not bring different items with you to treatment.

**Some Discovery Addiction Services locations do allow time to check email or do work on personal devices such as a phone or laptop.

