



1. Personal Information

- Driver's License or ID
- Insurance Card

2. Wardrobe

- Enough clothing for 7-10 days
- Tennis shoes
- Flip flops (or some kind of shower shoe)
- No spaghetti strap tops
- No inappropriate clothing with sexual/drug/offensive content
- All shorts and skirts must be fingertip length
- Undergarments should not be visible
- Coat hangers

3. Hygiene & Shower Supplies

- Enough hygiene items for 30 days (*no Ethyl Alcohol in the first 3 ingredients*)
- Shampoo and conditioner
- Bodywash/soap
- Toothbrush and toothpaste
- Mouthwash (*alcohol free*)
- Deodorant (*no aerosol cans*)
- Hair dryer/straightener/curling iron (*no aerosol cans of hairspray*)
- Makeup (limited)
- Towel and washcloth
- Qtips
- Pads/tampons
- Lotion
- *No perfume, cologne, or body spray*
- *All types of razors will go to the nursing department*

4. Prescription Copay (\$125)

- Prescription copays can be paid with cash, Visa gift card, debit card, or your family can provide a credit card over the phone.
 - Family-Provided Option: Call Manor Pharmacy to provide credit card information. Let the Pharmacy know who the patient is and that he/she is admitting to New Hope Ranch.
Manor Pharmacy (512) 642-8000
Open Monday-Friday during business hours. Closed weekends.



5. Prescriptions

- Prescriptions and vitamins will go to the nursing department. *Any medications or supplements that are not prescribed will not be allowed. We have vitamins at the facility for patient use.*
- **VA patients only:** You must bring a 30-day supply of your prescriptions when you admit.

6. Nicotine

- Cigarettes: Bring your own supply of cigarettes.
 - If you cannot bring your own supply of cigarettes, then bring cash or a prepaid gift card for staff to purchase cigarettes for you. *Debit/credit cards will not be accepted.*
- Vaping products: Bring unopened juice bottles for vapes. Staff does not purchase juice or coils for you, but you can order what you need and have it delivered to the facility.
- Dip: Dipping is not allowed on campus. The only approved alternative is Snus.

7. Please Be Advised

- Covid: A Covid test will be administered upon your admission. Immediately following the test, you will be placed in quarantine until your test results return. Quarantine will last 2-5 days depending on how long it takes for the results to return.
- Phone blackout: For the first 7 days of admission, you will not be able to make phone calls unless given permission. After the blackout is complete, you will be able to make daily phone calls on our landline during designated phone hours. *Your cell phone will stay in your therapist's office during your entire length of stay. You may access it with your therapist present.*
- Roommates: There are no private rooms. You will have roommates in the dorms and potentially in quarantine.
- No outside food and drinks: All meals, snacks, and drinks are provided.
- No outside pillows and blankets: Only allowed if items are in their original unopened packaging.
- No alcohol: No items, including toiletries, can contain alcohol in the ingredients.
- Heating pads: Allowed.
- Personal items: Bring what makes you feel comfortable (books, journals, markers, paints, nightlight, etc).
- Laundry: Detergent is provided. You are able to do laundry at the facility.