

What to Bring/How to Pack

CLOTHING:

Please pack for a variety of activities. You may bring as much clothing as you would like, but it has to fit in no more than 1 piece of luggage, 1 carry-on and 1 personal bag. Please be advised that only casual dress and exercise clothing are necessary. Remember to also pack sleeping garments that are comfortable, especially if you will be undergoing detoxification. For our current weather conditions, see the Los Angeles forecast.

BEDDING AND LINENS:

We will provide you with bedding and linens. You will not need to bring pillows, towels, sheets, etc. If you would prefer to bring your own items (such as therapeutic pillows) you may do so. Remember that these all have to fit in the authorized amount of luggage.

LAUNDRY:

There are laundry facilities onsite available for your personal use. Detergent is provided by the facility. If you have allergies to a particular type of detergent, we will provide your preferred alternative.

IDENTIFICATION:

Please bring your driver's license, passport or photo ID.

INSURANCE:

Please bring your insurance card and pharmacy card.

MEDICATIONS:

Please bring all the prescription medications and over-the-counter medications you are currently prescribed or taking. In order to use certain types of medications, vitamins or supplements, they must be in a sealed bottle. Unauthorized medications, vitamins or supplements will be destroyed.

PERSONAL TOILETRIES:

You may bring all the personal toiletries you would like with you to treatment. Please note that they must all be alcohol free. Fragrances and colognes are an exception to this rule, but they must be kept in the administration office. You will be able to access these products at your convenience for application.

CELL PHONES:

You may bring your cell phone. During the first 72 hours there is a blackout period for phone use (all based on clinical team's approval and/or supervision). We will store the phone for you safely.

LAPTOPS:

You may bring your laptop. Privileges for laptop use must be approved by your clinical team.

WHAT NOT TO BRING

Please do not bring the following items to treatment (if you have questions about why contact the admissions department at (877) 415-4673):

- Inappropriate clothing (items with drug or alcohol logo, overly tight clothes, low-cut or revealing shirt, torn clothing, short-shorts or miniskirts, two-piece bathing suits, etc.)
- Playing cards or dice
- Inappropriate movies (explicit language, drug references and sexual content) or inappropriate reading material (explicit magazines about drugs or with sexual content)
- Unauthorized medications
- Drugs
- Alcohol
- Paraphernalia
- Candles/incense
- Matches
- Cameras
- Weapons
- Computers
- Televisions
- DVD players



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