



PACKING LIST

We want your stay with us to be as comfortable as possible. Here's an idea of what to put in your bags and what to leave at home when you arrive for treatment.

WHAT TO BRING WITH YOU:

- ✔ Clothing that is comfortable and appropriate.
5 to 7 days' worth should be enough.
Remember to bring activewear to wear in the gym or during yoga.
- ✔ Comfortable shoes, such as athletic shoes, slippers, and flip-flops or shower shoes.
- ✔ Cigarettes.
These are allowed in closed, sealed packages.
Bring enough to last through your stay or until your family or a loved one can bring you more.
- ✔ Appropriate reading materials and/or notebooks for journaling.

WHAT WE PROVIDE:

- ✔ Toiletries and hygiene products.
Including soap, shampoo, conditioner, toothbrush and toothpaste, deodorant, razor, etc.
- ✔ Fresh linens.
- ✔ Fresh towels.
- ✔ 3 meals per day, plus snacks.

WHAT NOT TO BRING:

- ✘ Electronics, such as cell phones, tablets, laptops, gaming systems, etc.
Any electronics you bring along will be stored for your convenience.
- ✘ Hooded sweatshirts.
- ✘ Pillows and bedding.
- ✘ Stuffed animals.
- ✘ Perfumes, cologne, and body sprays.