

## RESIDENTIAL TREATMENT PACKING LIST

### *VITALITY CENTER AND VITALITY LAKE TAHOE ARE TOBACCO FREE FACILITIES*

#### CLIENTS MUST HAVE:

- Enough appropriate clothing and underwear for seven (7) days. Please don't overdo it, we have laundry facilities. (Keep in mind that it can be very cool in the evenings and hot during the days.)
- Appropriately fitted and decent jeans (dark blue or light blue only; they should be free of holes, with no patches or rips; they must fit properly without being skin tight or sagging).
- PLAIN T-Shirts with absolutely no logos (cannot be red or white) must be worn. All clients must have at least three (3) T-Shirts. If you do not have the appropriate shirts, you must bring \$15.00 to purchase the shirts from our store. For cooler weather sweatshirts may also be purchased for \$7.00 each.
- Hooded shirts or sweatshirts are not acceptable attire and are only allowed to be worn outside.
- Pajamas are mandatory. You must sleep in p.j.'s or sweat pants and t-shirts. You will also need slippers and a robe is suggested. You will be staying in a communal environment and must always be appropriately clothed.
- Please be mindful of the time of year and bring items that are appropriate for the season. (Heavy coat or jacket, boots or heavy shoes, heavy socks and gloves.)
- Hygiene products (soap, toothbrush and paste, deodorant, shampoo and conditioner) Please make sure all products you bring are alcohol free or at the very least, there must be no alcohol in the first 5 ingredients. **\*\*Note: Vitality Lake Tahoe clients will not be permitted to have make-up while in treatment.\*\***
- A schedule free of obligations (Legal, Medical, Dental) Take care of these obligations PRIOR to entering treatment.
- **\*\*Vitality Lake Tahoe clients are allowed to bring appropriate one piece swim suits and swim trunks for recreational therapy. Bikinis and Speedos will not be allowed.\*\***

PLEASE NOTE: Communication with family and friends will be restricted to written form for the first half of the treatment stay. For example: 30 day = 15 day black out.

***\*\*Please be aware that anything containing alcohol will be destroyed. Read all labels carefully before bringing products with you. The dress code is strictly enforced and anyone determined to be wearing inappropriate clothing will be asked to turn the items into staff and will not be allowed to wear them again.\*\****

#### SUGGESTED ITEMS TO BRING:

- Telephone Card
- Non-wire bound notepads
- Stamps and envelopes
- Sunscreen
- Hair dryer, curling iron etc. **\*\*Note: Vitality Lake Tahoe does not allow these items to be brought to treatment.\*\***
- Approved tobacco replacement products include Commit lozenges and nicotine patches. Nicotine gum will NOT be permitted at either facility. **\*\*Note: Vitality Lake Tahoe does not allow the use of nicotine patches during treatment.\*\***

***PLEASE LIMIT THE AMOUNT OF LUGGAGE YOU BRING TO TREATMENT WITH YOU. VITALITY CENTER RESERVES THE RIGHT TO CHARGE ADDITIONAL FEES FOR EXCESSIVE BAGGAGE BROUGHT INTO TREATMENT. VALUABLES SHOULD BE LEFT AT HOME AS VITALITY WILL NOT BE LIABLE FOR LOST OR STOLEN ITEMS.***

#### THINGS YOU MUST NOT BRING INTO TREATMENT:

- Any sort of Alcohol, Illegal Drugs, or non-authorized prescriptions, herbs, vitamins or supplements.
- No food or beverages of any kind including candy, gum and cough drops.
- Nothing with alcohol, please read the labels on your shampoo, conditioner and other toiletries.
- Nothing in an aerosol can such as hair spray, foot spray, deodorants.
- Electric toothbrushes, electric razors, perfume or colognes, nail polish, polish remover or mouthwash.
- No bed linens, blankets, throws, pillows, plush toys, or towels, etc. These items will be provided for you.
- No ball point or ink pens, mechanical pencils, markers, highlighters, or wire bound notebooks.
- No magazines or books. Exceptions will be made for approved school or recovery books.
- No bicycles or skateboards.
- Weapons of ANY kind this includes sharp tools and scissors.
- No tattoo guns or paraphernalia.
- No condoms.
- No latex or rubber gloves.
- No electronic games, radios, TV's or cameras.
- Cell phones, beepers, iPods, MP3 players, CD players, DVD players, or lap tops.
- Tight, revealing clothing or pants that hang on the hips or at the crotch. No gang affiliated or racist logos or clothing.

***\*\*Please be aware that if any of the above mentioned items are brought in, they will be removed immediately and/or may be destroyed. VITALITY CENTER accepts no responsibility for the violation of rule or client's bad decisions.\*\****