

# Freeman Recovery Center

## What to Bring to Rehab

### Approved Items:

#### ***Clothing and Toiletries:***

- Everyday clothes and shoes – 7-10 days worth of clothing (washers and dryers are on-site)
- One small luggage or duffel bag
- One personal bag – e.g., purse or backpack
- Towels and washcloths
- Laundry detergent

#### ***Medications:***

\*\*\*Note: Must be in the correct, labeled bottle\*\*\*

- Prescription and OTC medicines
- Fill prescriptions prior to arrival (*30 day supply should be brought with you upon admission*)

#### ***Important Documents:***

- Legal forms or paperwork
- Driver's license or ID
- Insurance card and pharmacy benefit card (if different)

List of contacts – e.g., emergency contact, legal contact, medical or psychiatric providers

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#### ***Personal Items:***

- Fan
- Cigarettes
- Books and journals

#### ***Other Items Approved if Sealed and Unopened:***

- Personal hygiene items – e.g., body wash, shampoo
- Must not contain alcohol within the first 3 ingredients
- Hair & body oils
- Cotton rounds, balls, Q-tips, panty liners
- Tampons and pads (Box can be open, but items must be individually wrapped)



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