



What to Bring to Rehab

Everything on this list fits in one small suitcase or duffel bag, plus one personal bag. Pack for about a week rather than your whole stay. Washers and dryers are on site.

CLOTHING AND TOILETRIES

Bring 7-10 days' worth of everyday clothes and shoes, along with:

- ☐ Towels and washcloths
- ☐ Laundry detergent

MEDICATIONS

All medications must arrive in their correct, labeled bottles. This applies to prescriptions and over-the-counter medicines alike.

- ☐ Prescription medications in labeled bottles
- ☐ Over-the-counter medications in labeled bottles
- ☐ A 30-day supply of all necessary medications

If you cannot fill your prescriptions in time, call before you arrive. Freeman Recovery Center can help. This is never a reason to delay care.

IMPORTANT DOCUMENTS

- ☐ Driver's license or other photo ID
- ☐ Insurance card, and pharmacy benefit card if separate
- ☐ Any legal forms or paperwork that apply to you

If your ID or insurance card is missing, call rather than delay. Freeman Recovery Center can help you get copies and locate your insurance information.

PERSONAL ITEMS

- ☐ A fan
- ☐ Books and journals
- ☐ Cigarettes, vapes, and e-cigarettes

ITEMS THAT MUST BE SEALED AND UNOPENED

Personal hygiene items must arrive sealed and unopened. Alcohol must not appear within the first 3 ingredients. Products without a factory seal are not permitted.

- ☐ Body wash and shampoo
- ☐ Hair and body oils
- ☐ Cotton rounds, cotton balls, Q-tips, and panty liners
- ☐ Tampons and pads. The box may be open as long as the items inside are individually wrapped.

IF SOMETHING IS NOT ON THE LIST

Treat this as a closed list. If an item does not appear on it, plan to leave it at home. Nothing gets thrown away. Anything you bring that is not permitted is taken at admission, stored, and returned to you when you discharge.

If you believe you genuinely need something that is not listed, call admissions before you arrive and they can get clarification for you.

YOUR CONTACTS

Fill this in before you pack so you are not trying to remember numbers on your first day.

Emergency contact	_____	Phone	_____
Legal contact	_____	Phone	_____
Medical provider	_____	Phone	_____
Psychiatric provider	_____	Phone	_____
Pharmacy	_____	Phone	_____

NOTES

Questions to ask admissions, or anything you want to remember to pack.

Questions before you pack? Call (615) 398-4497

250 State Street, Dickson, TN 37055 | freemanrecoverycenter.com