What To Bring

A CHECKLIST FOR PACKING

We recommend that you limit your packing to no more than 1 suitcase and 1 carry-on backpack. If you have any questions about admission or what to bring please call our admission team at (844) 402-3592.

ITEMS NEEDED FOR ARRIVAL/ADMISSION

- ID
- Health Insurance Card
- List of names and phone numbers for people you may want to contact during your stay
- List of any medication you are currently taking

During admission, personal belongings will be searched. Any item deemed inappropriate by Staff will not be allowed.

CLOTHING

Clothing should be casual and comfortable (clothing that layers is good for all Pennsylvania seasons). Bring at least 5 days worth of clothing.*

- Clothing (appropriate to season)
- Jacket (appropriate to season)
- Shoes for everyday wear
- Sleepwear/Pajamas
- Clothing and shoes for Exercise
- Sweatshirt/Sweater
- Undergarments
- Socks

*Clothing must be appropriate. Bare midriffs, form-fitting or low-cut tops, spaghetti strap tops, sheer or see-through blouses are not permitted. Shorts and skirts must be at least fingertip length. No suggestive tears or cut-outs. No tanktops unless at the gym.

Clothing which depicts alcohol, drugs, sex, violence, gambling, or is deemed inappropriate by staff, is not allowed.

Laundry: You will do your own laundry on site. All laundry items are provided. *During Detox: You will not be able to do laundry during detox so having at least a 5-day supply of clothes is needed.

PERSONAL HYGIENE

All items must be new and sealed. Alcohol cannot be listed as one of the first three ingredients. Items must be non-aerosol.

- Toothbrush
- Comb/brush
- Contact Solution
- Extra Contact Lenses
- Feminine Hygiene Products
- Makeup (limit to moderate, daytime use)

*If you forget anything or do not bring toiletry items, we do have some available.

YOU MAY ALSO BRING

- Stamps, stationary, envelopes
- Sunglasses/Hats
- Books, Recovery Books
- Journal Materials/Paper/Pens
- Cigarettes*

*Cigarettes will be stored in your locker and handed out to you during breaks.

DreamLife RECOVERY