



Renewal Springs

WHERE HOPE SPRINGS ETERNAL

What to Bring on Your Journey

Residential Addiction Treatment Packing List

- Personal hygiene - alcohol free, no aerosol AND must be in factory packaging.
- Hair Dryer and additional styling products (straightener, curling iron, etc)
- Additional pens and paper if desired
- Meditation/inspirational literature if desired - limited to two
- Drivers License/ID
- Insurance card and prescription card if applicable
- Current prescribed medications in appropriate packaging with primary care contact on the label. No outside vitamins or any other medications allowed.
- List of important contact names, phone numbers and addresses if you'd like to contact them during your stay
- Personal photos of loved ones if desired - not pornographic in nature
- Please do not exceed one carry-on sized suitcase

What NOT to Bring:

- Aerosols
- Anything containing alcohol
- Fingernail polish or remover
- Media devices (phones, laptops will be locked and stored during your stay)
- Sharp objects (needles, knives, etc)
- Hair dye
- Cleaning supplies
- Rubbing alcohol/hydrogen peroxide
- Adult toys/novelties
- Pillow or blankets
- No outside clothing other than undergarments.
- No food, beverages, or snacks. No EXCEPTIONS (All snacks and meals will be provided for you)