



SAFE HARBOR RECOVERY CENTER

Packing List and Personal Items

Resident Belongings and Valuables

Residents are responsible for all personal belongings. Safe harbor Recovery Center is not responsible for replacing lost or misplaced items. We recommend you bring only essential items to the program and offer the following tips to help keep your personal items secure.

Valuables

Please leave all valuables at home or send them home with a family member or friend upon admission. This should include jewelry and other items deemed to be of value, wallet, purse, etc, or any other item that you would consider a loss if misplaced or lost.

Lost Items

Unless placed in the possession of Safe Harbor to be locked up for safekeeping, Safe Harbor does not replace lost, stolen or misplaced items.

Personal Clothes

Storage space in rooms is limited. Be sure to bring seven days' worth of comfortable, weather-appropriate clothing, that complies with the dress code and this will include: The quantity provided next to each item is the maximum number of each item that you may bring. Laundry will be done on site by staff.

- Shoes (everyday shoes, tennis shoes for activities) – 2 pairs
- Flip Flop or Shower shoes – 1 pair
- Shirts - 8
- Pants and/or Shorts - 8
- Socks - 8
- Undergarments - 8
- Pajamas - 8
- Coat, jacket, and/or sweatshirt - 4
- Bath Robe - 1
- Hat - 2
- Slippers - 1

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Other Personal Items

1. A list of names, addresses and phone numbers of those you wish to have involved in your treatment (loved ones, healthcare professionals, 12 step sponsors, etc.).
2. Jewelry that you wear every day and consider to be a necessity, like your wedding ring or a watch. Otherwise, leave valuable items at home and the facility is not responsible for lost or stolen items.
3. An alarm clock (optional).
4. A 30-day supply of your current prescription medications in the original pharmacy bottles with the information label intact. Any liquid medications must be new and sealed. You should also bring a list of all your medications and dosages. Do not bring any OTC medications.
5. A small amount of cash (\$50) in smaller bills for the vending machine
6. Your credit card or debit card to pay for vending machine and/or treatment medications.
7. Your insurance cards and a form of identification (driver's license, passport, etc.).
8. A notebook or journal will be allowed, although we will also provide one.
9. Stamps and envelopes, if you wish to mail letters.
10. Pictures of your loved ones to keep in your room.
11. If you want to bring books, they are preferred to be recovery, self-help, or spiritually oriented. No reading material that is highly sexualized, violent, or graphic with drug use is allowed.
12. A 30-day supply of your preferred tobacco product. It must be in a package that is closed and sealed. We do not have a way to obtain this for you while you are in treatment. No rolling paper with tobacco products for rolling your own cigarettes
13. A cup of your choice (Tervis/Yeti type) – recommended but not required.
14. A 30-day supply of contacts and supplies or your glasses as needed.

Personal Hygiene and Beauty Products to Pack

We require all toiletries and beauty products to be completely alcohol-free. Do not bring aerosols. Bring thirty days' worth of toiletries and beauty products, including:

- Deodorant
- Toothbrush and toothpaste
- Shampoo and conditioner Hair styling products (pump hair spray only)
- Comb/brush
- Feminine hygiene products
- Shaving cream
- Lotion
- Makeup

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CONTRABAND

These following items are not allowed in the facility and are considered contraband. Contraband is determined by the staff and it may include, but is not limited to:

- Drugs and alcohol
- Lighters (we have these for our smokers – you are not allowed to keep your own).
- Narcotics or prohibited prescriptions
- Vape
- Any electronic device that has WIFI capabilities, camera, and/or video recording capabilities
- No Cell phones
- Chewing tobacco
- CBD oils
- Rolling papers with tobacco
- Over the counter (OTC) medications
- Weapons (guns, knives, scissors, sharp objects, etc.)
- Outside food and drinks
- Pornography
- Toiletries and beauty products that contain alcohol (mouthwash, perfume, etc.)
- Nail polish, polish remover or synthetic nail related products
- Video games and DVDs
- Revealing clothing (midriff bearing tops, etc.)
- Aerosols
- Cleaning supplies (bleach, ammonia, etc.)
- Cell Phones
- Electronics (televisions, gaming consoles, etc.) that have internet usage or have cameras
- Candles and incense
- Clothing with profanity or references to drugs, alcohol or violence

Items considered to be contraband will be confiscated by staff and will be destroyed and/or disposed of. Some items may be stored per the Clinical Director or CEO directive(s). Any confiscated illegal substances and or alcohol will be destroyed by the resident in the presence of staff. Staff will provide a zip lock bag with cat litter; the resident will place the substance in the bag and add water. Staff will monitor to ensure the substance absorbed by the cat litter.

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