



## **Rocky Mountain Treatment Center: Packing List**

1. Insurance cards and a form of identification.
2. List of names, addresses and phone numbers of those you wish to have involved in your treatment.
3. 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.
4. Your current prescription medication in **the original pharmacy bottle** with the information label intact. Inhalers must be in original box. Any liquid medications must be new and sealed. You should also bring a list of all your medications and dosages.
5. Over the counter medication must be unopened, sealed and approved by medical staff before use.
6. Cash for any prescriptions co-pays, tobacco products, postage or other incidentals.
7. Pictures of your loved ones to keep in your room or wallet. A notebook or journal, stamps, and envelopes if you wish to mail letters.
8. Shoes: comfy shoes for everyday wear, tennis shoes for activities/sports, boots suggested for *Equine Therapy*, and flip flops for the shower.
9. *Enough clothing for one week, including:*
  - Shirts (if bringing tank tops, bring a t-shirt or sweater to go over it).
  - Blue jeans, leisure pants, sweat pants, capris and gym clothes.
  - Depending on the season, appropriate jacket.
  - Socks, Undergarments, pajamas, bathrobe, slippers.
10. *Bring thirty days worth of toiletries and beauty products, including:*
  - Deodorant, toothbrush, toothpaste, shampoo, and conditioner (alcohol-free).
  - Comb/brush, shaving cream, lotion, sunscreen, feminine hygiene products, makeup.

**- Storage is limited, do not bring excess items**

**- Laundry facilities available at no charge**

**- Individuals are responsible for their laundry**

**- Bedding and towels provided**

**-Smoking Permitted in Designated Areas**

### **DO NOT BRING:**

1. Drug paraphernalia, illegal drugs, mood altering drugs
2. Alcoholic or non-alcoholic beverages
3. Aerosol containers
4. Toiletries containing alcohol including; colognes, perfumes, aftershave lotion, mouthwash
5. Electronics of any kind: if you bring a phone, it will be returned to you at the end of your stay
6. Food of any kind
7. Nail polish and remover
8. Weapons and pocket knives