



## 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 (NO smart watches). 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 prescription co-pays, tobacco products, Walmart necessities, postage or other incidentals. Bringing 1's is recommended for the pop machine and 12-step meetings but not required. Avoid bringing bills larger than \$20.
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, an appropriate jacket.
  - Socks, undergarments, pajamas, bathrobe, slippers.
10. Bring 30 days of toiletries and beauty products, including:

- Deodorant, toothbrush, toothpaste, shampoo and conditioner (alcohol-free).
- Comb, brush, shaving cream, lotion, sunscreen, feminine hygiene products, makeup.

**o STORAGE IS LIMITED, AVOID BRINGING EXCESS CLOTHING/OTHER ITEMS.**

- o Laundry facilities available at no charge.
- o Individuals are responsible for their laundry.
- o Bedding and towels provided.
- o Smoking and vaping permitted in designated areas. Vapes and vape juices brought into the center must be new and unopened.

**Do Not Bring:**

1. Drug paraphernalia, illegal drugs, mood altering drugs.
2. Alcohol 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.