

GENERAL GUIDELINES

In order to help make your stay comfortable and successful, we are providing a list of items to bring with you. Laundry facilities and laundry products are available so the clothing listed should be more than sufficient.

Please check before you bring items that are not listed. To insure a safe atmosphere and environment conducive to recovery certain items are not permitted. Quantities of items permitted are limited due to space limitations. **"Keep it simple,"** a mainstay of the recovery process, begins with our environment!

A few things *not* to bring are: Cell phones, alarm clocks, fans, radios, fragrances, games, key rings, laptops, magazines, stuffed animals, loose tobacco, rolling papers, food, beverages, video games, videos/DVDS, cassettes/CDs, (or players), laundry soap and lighters.

As a general rule:

- Leave valuables at home
- Do not bring any toiletry items containing alcohol or in aerosol cans
- Do not bring any printed material, t-shirts, etc. with explicit sexual content/obscene language or portraying drugs, alcohol or violence.

Information on any limits to the use of items permitted are outlined in the facility rules and regulations which you will receive upon arrival.

Our holistic approach focuses on the physical, mental, emotional and spiritual needs of the individual. Emphasis is placed on using client strengths in conjunction with available community resources to lay the groundwork for long term recovery.



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**CONEWAGO
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**"MY LIST"
PERSONAL ITEMS APPROVED
DURING YOUR TREATMENT
STAY**

"TOGETHER BUILDING A NEW WAY OF LIFE"

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WHAT CAN I BRING ?

Article	Quantity	Article	Quantity	Article	Quantity
AA/NA Material	5	Kufi Cap or Yarmulke	1	Underwear	10
Belt	2	Legal Work	1 shoebox	Undershirts	10
Bible or Koran	1	Lotion	1	Wallet	1
Books	3	Make-up	3 products	Writing Tablet/Paper	2 pads
Bras	7	Mouthwash (alcohol free)	1		
Brush/Comb/Hair Pick	1 of each	Nail Clipper* (no blade)	1		
Cash	\$50	Pajamas	2 pair		
Cigarettes*	1 carton**	Pants (any combination of Pant/jean, sweatpants, shorts)	5 total		
Contact Lens	1 pair	Pens or Pencils	2		
Contact Lens-Disposable	1 Box**	Pictures-unframed	10		
Contact Lens Case	1	Powder (Talcum)	1		
Contact Lens Solution	1 bottle	Prayer Rug	1		
Dental Floss	1	Q-Tips	1 Box		
Deodorant	1	Robe	1		
Emery Board	1	Shampoo/Conditioner	1 each		
Envelopes	1 box	Shavers*	1		
Eye Glasses (prescription)	2 pairs	(electric, no trimmer)	1		
Face Cream/Make-up	1	Shavers (disposable)	1 pack of 10		
Remover	1 Bottle	Shaving Lotion	1		
Feminine Hygiene		Shirts	10		
Products	1 Box**	Shoes (slipper/shower, athletic, work boots, dress)	1 pair each		
Gloves	1 Pair	Soap or Body Wash	3		
Hair-Curling Iron*	1	Socks	10 pair		
Hair Dryer*	1	Stamps	1 book		
Hair Spray	1 bottle	Suit/Dress/Skirt	2		
Hair Styling Product	1	Sunglasses	1 pair		
Hangers (plastic)	20	Sweaters	2		
Hat/Cap	1	Ties	2		
Jacket or Coat	1	Toothbrush/paste	1 each		
Jewelry (excluding piercings)	3 pieces				

*Permitted but usage may be monitored/restricted

**must be factory sealed

Note: Blankets, sheets, pillowcases, pillows, towels & cloths will be provided for you

Please note that all residents will have a mandatory blackout period of 3 days which includes no telephone calls or visits from friends and family. This is a period of evaluation and reflection that is a key component in recovery.



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