



What to Bring to Treatment

- One weeks' worth of seasonally appropriate clothing
- Clothing for outdoor recreation and gym
- Medications – at least two-week supply of prescribed medications

What we supply

- Towels and bedding
- Shampoo, conditioner, soap
- Deodorant
- Toothpaste and toothbrush
- Alarm clock
- Menstrual products
- Disposable and electric razors
- Laundry pods
- Tweezers
- First aid supplies
- Crafting supplies
- The following over the counter medications – Tylenol, ibuprofen, melatonin, antacids, Pepto bismol, docusate, multivitamins, Orajel

Optional Approved Items

- Cell phone, tablet or smart watch
(Only available during approved, scheduled times)
- Personal music player and headphones (must be preloaded with music, cannot have internet or recording capabilities)
- Hair gel, shampoo, conditioner, unscented lotion (no alcohol in first 3 ingredients)
- Foot powder, deodorant
- Toothbrush, toothpaste
- Nail files and clippers
- Nail polish and acetone-free nail polish remover
- Makeup
- Magnetic eyelash extensions
- Unscented laundry pods
- Dryer sheets
- Dish soap/spray
- Water bottles (Empty)
- Appropriate reading materials
- Comb/brush
- Styling tools (In good condition)
- Notebooks and pens
- Glue sticks and art scissors
- Knitting and crochet materials
- Sewing & Beading kits
- Acoustic Instruments (No drums)
- Brand new, unopened alarm clocks



Fora Health

TREATMENT & RECOVERY

- Approved over the counter medications in brand new, sealed packages

What not to bring (Items may be disposed of)

Items that we will NOT store:

- Drugs, alcohol, or paraphernalia
- Torch lighters, refueling butane bottles
- Weapons (guns, knives, machetes)
- Cleaning supplies (bleach, ammonia, etc)
- Food or drinks of any kind, even in new package
- Prohibited prescription medications (see medication note below)
- Credit cards, bank cards, IDs, prescriptions or other items with names other than yours
- Belongings that exceed the one bag limit that are not picked up within seven days

Items not allowed in treatment that we CAN store:

- Pocket knives, pepper spray,
- Pornography
- Any images, self-drawn art, or pictures that are sexualized in nature, promote discrimination, violence, or drug use
- Sharp shears (sewing scissors)
- Bedding, towels, stuffed animals (even new)
- Unapproved over the counter medications (see approved OTC list below)
- Nail glue, nail lamps, gel nails, eyelash glue, adhesives, acetone nail polish remover
- Elmer's glue, stickers
- Air fresheners, candles, wax melts
- Perfumes, body spray, scented lotion
- Liquids containing alcohol in first three ingredients
- Hemp or CBD hygiene products
- Aerosol products
- Large electronics (laptops, TVs, desktop computers, video game consoles) or electronics with frayed wires
- Anything that produces a flame or is flammable (incense, candles, etc)
- Unsafe footwear (no heels higher than 2 inches)



Fora Health

TREATMENT & RECOVERY

- Delicate clothing (all clothes dried on high heat), clothing revealing midriff, super short shorts or skirts, strapless tops
- Permanent or dry-erase markers, paint
- Sporting equipment (excluding jump ropes and stretch bands)
- Tools
- Glass items

ALL MEDICATIONS MUST BE APPROVED BY FORA HEALTH as there are some we do not allow. Examples of medications that are not permitted are narcotics (Percocet, Vicodin), benzodiazepines (Xanax, Clonazepam), and stimulants (Adderall, Dexedrine). Any over-the-counter medications not on the list below will need a doctor's order and be approved by Fora staff.

Approved Over the Counter Medications (must be in brand new, sealed packaging):

- Saline eye drops
- OTC eye drops
- Visine
- Loratadine
- Certirizine
- Fexofenadine
- Saline nasal spray
- Guaifenesin tablets or syrup
- Lactase tablets
- Ear wax treatment (carbamide peroxide 6.5%)
- Hydrocortisone 1% cream
- Antifungal medications (Tolnaftate 1% cream, Terbinafine 1% cream, Miconazole 2% cream topical and vaginal, Clotrimazole 1% cream)
- Topical muscle rub