

## 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

### **APPROVED** Items that can be kept in your room

Items that cannot be sanitized must be brand new and sealed in original packaging:

- Glue sticks, art scissors, washable markers, coloring books
- Knitting and crochet needles
- Beading kits (beading tools should be kept at the RC hub to check out for monitored beading time)
- Sewing kits
- Grooming kits – nail trimmers, small personal grooming scissors (small). Hair trimmers must be kept at the RC hub to check out and used outside.
- Foot powder (new, unopened)
- Shampoo, soap, conditioner, deodorant, and other personal hygiene items (scented is approved)
- Lotion (unscented except for cocoa butter lotion)
- Dish soap/spray
- Unscented laundry pods (i.e. Tide Free or All Free and Clear)
- Dryer sheets
- Magnetic eyelash extensions
- iPod, earbuds, MP3 players
- Brand new-unopened packed alarm clocks
- Tablets and Smart Watches are allowed during approved phone times based on phases
- Nail polish and non-acetone nail polish remover
- Limited over-the-counter medications (see approved list)
- Handheld game consoles (i.e. Switch without the docking station)
- Hair styling tools, in good condition
- Acoustic instruments, except for drums

### **Some of the items Provided for you**

- Arts and crafts (Ex: Elmer's glue, scissors)
- Electric hair trimmers (to be used outside)
- Nail clippers
- Shampoo, Conditioner, Body soap
- Laundry detergent – Tide Free pods
- Some over-the-counter medications such as Tylenol, Ibuprofen, Bismuth, and Multivitamin

**We encourage you to NOT bring any items of high monetary or sentimental value.**

All clothing and items made of material must be washed and high heat dried by Belongings. Any items that cannot be laundered will be processed in the hot room at 160 degrees for 60 minutes. Please do not bring any clothing that may be damaged by this process.

Fora is not responsible for any lost or damaged property during processing or while in treatment.

Items not specifically noted on this list are subject to approval or denial by the residential leadership team.

## **Unapproved Items that are Not Allowed in the building and Will Not be stored**

The following items will be properly disposed of or confidentially provided to the local police

- Drugs, alcohol, or paraphernalia.
- Weapons (guns, knives, machetes), disposable/refillable lighters
- Cleaning supplies (bleach, ammonia, etc.)
- Food or drinks, including herbal teas, packaged foods, and food supplements (apart from religious food approved by Residential Leadership Team or a confirmed medical diagnosis with an appropriate accommodation from patient's PCP and approved by in-house medical team)
- Credit cards, bank cards, IDs, prescriptions, or any other items with names other than your own
- Belongings that exceed the one bag limit that are not picked up within 7 days
- Prohibited prescriptions (Benzodiazepines, stimulants like Adderall, Dexedrine, Oxycodone) will be stored in medical dept and Patients have 7 days to coordinate support person pick up before destruction.
- Propane tanks, fireworks, flame throwers, camp stoves

## **Not Allowed in treatment and will be securely and safely stored until you complete or discharge from treatment**

- Vape or tobacco products, including electronic cigarettes that are in your possession during admission, will be stored in your belongings. Vape or tobacco products that are found in your possession during your residential stay will be destroyed and you may risk discharge
- Foldable pocketknives, pepper spray, torch lighters, refueling butane bottles
- Pornography
- Any images, self-drawn art, or pictures that are sexualized in nature, promote discrimination, violence, or drug use
- Sharp shears (sewing scissors)
- Unapproved OTC medications – (see Approved OTC med list)
- Nail glue, nail lamps, gel nails, eye lash glue, adhesives, acetone nail polish remover, Elmer's glue, stickers
- Plug in air fresheners, aerosol air fresheners, candles, wax melts
- Perfumes, body spray, scented lotion (except for cocoa butter) - to be respectful of other's allergies
- Hemp or CBD hygiene products
- Aerosols of any kind
- Video game consoles
- Electronics (Ex: TVs, laptops, or desktop computers)
- Anything that produces a flame or is flammable (incense, candles) - Smudge sticks may be kept at the RC hub to check out for monitored, outside use only)
- Clothing with references to drugs, alcohol, weapons, violence, gang affiliated, discrimination or can be interpreted as threatening or offensive to others
- Unsafe footwear (with a platform or heel that exceeds 2 inches)
- Sporting equipment (excluding jump ropes and stretch bands)
- Tools