What to Bring to Treatment

- Limit items to ONE large bag or suitcase
- One week's worth of seasonally appropriate clothing
- Clothing for outdoor recreation and gym
- Medications – at least two-week supply of prescribed medications

What we supply

- Towels, bedding, laundry bag
- Shampoo, conditioner, soap
- Deodorant
- Toothpaste and toothbrush
- Alarm clock
- Menstrual products
- Disposable and electric razors
- Laundry pods (Tide free)
- Tweezers
- First aid supplies
- Crafting supplies (Glue, scissors)
- Nail clippers
- 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
- Shampoo, conditioner, hair gel, deodorant (scented approved)
- Lotion (unscented), exception-cocoa butter
- Foot powder (unopened)
- Deodorant
- Toothbrush and toothpaste
- Nail file, nail clippers, small scissors, hair trimmers
- Nail polish and acetone-free nail polish remover
- Makeup, magnetic eyelashes
- Fans with USB plug in
- Water bottles (empty)
- Unscented dryer sheets and laundry pods
- Dish soap/spray
- Appropriate reading materials
- Comb/brush
- Styling tools (In good condition)
- Notebooks and pens
- Glue sticks, art scissors, washable markers, coloring books
- Knitting and crochet materials
- Sewing and beading kits
- Acoustic Instruments (No drums)
- Alarm clocks with USB plug in
- Vacuum sealed, unopened mattress topper – Twin extra long
- Fans with USB plug in
- Flashlights

What NOT to bring

Items not allowed in treatment that we CAN store:

- Foldable pocketknives, pepper spray
- Pornography or images that are sexualized in nature, promotes discrimination, violence or drug use
- Refillable/disposable lighters, vapes, or tobacco products.
- Sharp shears (sewing scissors)
- Stuffed animals (even new)
- Unapproved over the counter medications (see approved OTC list below) including vitamins, tinctures and supplements
- Nail glue, nail lamps, gel nails, eye lash glue, adhesives, acetone nail polish remover
- Stickers
- Air fresheners, candles, wax melts
- Perfumes, body spray, scented lotion, tanning spray/lotion/self-tanners
- Hemp or CBD hygiene products
- Aerosol products
- Electronics; laptops, TVs, desktop computers, video game consoles, handheld game consoles
- Electronics with frayed wires
- Anything that produces a flame such as incense, candles. (smudge sticks can be kept at RA hub)
- Unsafe footwear (no heels higher than 2 inches)
- Delicate clothing (all clothes dried on high heat)
- Permanent or dry-erase markers, paint
- Sporting equipment (excluding jump ropes and stretch bands)
- Tools
- Extra luggage, backpacks, suitcases, large bags, fanny packs

Items that we will NOT store and may be disposed of

- Drugs, Alcohol or paraphernalia
- Refueling butane bottles, propane, fireworks, flame throwers, camp stoves
- Weapons (guns, knives, machetes)
- Cleaning supplies (bleach, ammonia, etc.)
- Food or drinks, even in new package (see approved section for exceptions)
- Prohibited prescription medications (see medication note below)
- Credit cards, bank cards, IDs, prescriptions, or other items with names other than yours
- Linens, bedding, towels (may be stored if available space in your stored bag)
- Belongings that cannot be consolidated into 1 bag that are not picked up within 7 days

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) and benzodiazepines (Xanax, Clonazepam). Narcotics are unable to be stored and will be disposed of if not immediately picked up. 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 new in sealed package:

- Nicotine replacement lozenges and patches (no gum)
- Dry eye treatment such as saline eye drops, lubricant eye drops, and Visine
- Ear wax treatment
- Non-sedating antihistamines such as Loratadine, Cetirizine, and Fexofenadine
- Saline nasal spray
- Guaifenesin tablets or syrup
- Anti-inflammatory creams such as Hydrocortisone 1% cream and Preparation H
- Antifungal creams such as Tolnaftate, Terbinafine, Clotrimazole and Miconazole
- Lactase tablets and Gas X
- Topical muscle rub

FOOD ITEMS AND SUPPLEMENTS:

Food items will need to be ordered to arrive by mail. Approved food items CANNOT be brought in at time of admission or dropped off.

Approved food items must be sealed, unopened and individually packaged/single serving containers. Including: Single serving instant coffee, drink mixes, snacks, candy, seasonings, easy meals (like cup o'noodles) and other snacks.

Unapproved food items include non-prescribed supplements, soda, energy drinks, and ready-to-drink caffeinated beverages.

PROCESSING BELONGINGS:

All clothing and items made of cloth material must be washed and dried on high heat. 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.

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