



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 (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
- Hair gel, shampoo, conditioner and unscented lotion, 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
- Unscented laundry pods
- Water bottles (empty)
- Dryer sheets, Unscented 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)
- Handheld game consoles
- Brand new, unopened alarm clocks
- Approved over the counter medications in sealed packages



What not to bring

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 of any kind, even in new package (religious food exceptions with approval)
- Prohibited prescription medications (see medication note below)
- Credit cards, bank cards, IDs, prescriptions, or other items with names other than yours
- Belongings that cannot be consolidated into 1 bag that are not picked up within 7 days

Items not allowed in treatment that we CAN store:

- Foldable pocket knives, pepper spray
- Pornography or images that are sexualized in nature, promote discrimination, violence or drug use
- Refillable/disposable lighters, vapes, or tobacco products.
- 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, eye lash glue, adhesives, acetone nail polish removed
- Elmers glue, stickers
- Air fresheners, candles, wax melts
- Perfumes, body spray, scented lotion
- 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 such as incense, candles. (smudge sticks can be kept at 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



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). Narcotics are unable to be stored for more than 7 days. 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:

- 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

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.