



# Fora Health

TREATMENT & RECOVERY

## What to Bring to Treatment

- One weeks' worth of clothing
- Seasonally appropriate clothing
- Clothing for outdoor recreation and gym
- Medications – 30-day supply of prescribed medications

## What we supply

- Towels
- Bedding
- Shampoo and conditioner
- Deodorant
- Soap
- Toothpaste
- Alarm clock
- Menstrual products
- Disposable razors 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 or tablet (*Only available during approved, scheduled times*)
- Personal music player, headphones and smartwatches (*must preloaded with music, cannot have wifi or recording capabilities*)
- Hair gel, lotion, shampoo and conditioner (*no alcohol in first 3 ingredients*)
- Water bottles (*Empty*)
- Appropriate reading materials
- Deodorant
- Nail files and clippers
- Comb/brush
- Toothpaste
- Makeup
- Styling tools (*In good condition*)
- Notebooks and pens
- Glue sticks and art scissors
- Knitting and crochet materials
- Sewing kits
- Acoustic Instruments (*No drums*)
- Nail polish and acetone-free nail polish remover



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## What not to bring (Items may bring be disposed of)

### Tobacco/nicotine products

- Cigarettes, vapes, chew, nicotine gum, etc.

### Clothing

- Delicate clothing (*All clothing is cleaned on high heat*)
- Items that are gang-related, including colors, or items that display images or themes that are racist, sexist, homophobic, pornographic, or belittling of any individual or group, including self-drawn pictures.
- No bare midriff, super short shorts or skirts, strapless tops, or high heels

### Hygiene products

- Perfume or strongly scented items
- Aerosol products
- Liquids containing alcohol in the first three ingredients
- Products containing hemp (*such as lotions, certain soaps*)

### Electronics

- Laptops, televisions, video games or electronics with frayed wires
- Items with visual or audio recording capabilities (*Other than cell phone or tablet*)

### Misc

- Bedding, towels or stuffed animals (*even new*)
- Permanent or dry-erase markers, including sharpies and paint
- Food or drink products of any kind, even new in package
- Anything that produces heat or flame, or is flammable, including but not limited to lighters, candles, incense, wax melts, fireworks
- Glass items
- Weapons of any kind including pocketknives, pepper spray and guns
- Sporting equipment

**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.