



What to Bring on Admission Day

Residential Approved Items to Bring

- ✓ At least one to two week's worth of medication
- ✓ A variety of clothes for all weather conditions (please limit to two bags)
- ✓ Comfortable workout clothes and sneakers
- ✓ Slippers/slip on in-house only shoes
- ✓ Non-slip shower shoes
- ✓ Electric razor
- ✓ Toiletries (alcohol-free)
- ✓ An iPod/MP3 player for exercise use (one that does not connect to the internet, such as a SanDisk player)
- ✓ Books and/or CD's (each room has a CD player)

Identification & Financial Items to Bring *(These items will be kept in our safe at the office)*

- ✓ **Payment for the first month** (in the form of either a check, credit card and/or wiring funds)
- ✓ **A debit card and/or Visa gift card** (for spending money, which will be locked up safely)
- ✓ **Physical Insurance Card and/or Prescription Card** (fax copy prior to admission to 603.606.7826)
- ✓ **Credit card** to put on file with our pharmacy for co-pay charges, etc.
- ✓ **Personal Identification Card** (license or non-driver's ID; if no ID, bring copy of birth certificate)
- ✓ **Social Security Number** (used for insurance & identification purposes)
- ✓ **A list of frequently called phone numbers** (as cell phones will be turned off and locked in the safe)

Items Not Approved to Bring *(These items will either be sent back home with a family member accompanying a participant or disposed of upon admission if a family member is not present)*

- Over the Counter (OTC) medication
- Supplements (e.g., protein shake/mixes/exercise protein mixes, exercise supplements)
- Food, candy and drinks (including energy drinks and caffeinated beverages)
- Electronics including, but not limited to laptops, tablets, DVD players, video games/devices, etc.
- Cigarettes, e-cigarettes, vapes, chewing tobacco, pipe tobacco, loose cigarette tobacco, or cigars
- Lighters and matches
- Bottles containing any aerosol whatsoever (including some gel bottles)
- Anything containing alcohol, including some personal hygiene items
- Pornography
- "R" rated movies and CDs with parental advisories
- Weapons and Sharp items (metal files, tweezers, razors)
- Contraband
- Any expensive belongings

Baseball hats are not allowed to be worn inside the residences; they are allowed only if worn outdoors.

~Pillow/comforter/linens provided~