

Women's Recovery Center's "WHAT TO BRING LIST"

As you prepare for your intake, WRC hopes that you follow a few requests in regards to packing your belongings. These requests are to ensure public health and safety precautions, but also due to space restraints, most rooms accommodate three people and each person gets a three drawer dresser. Below is a "what to bring list," please bring these items in **plastic containers and/or plastic bags please leave suitcases, purses, or other like bags at home.**

Birth Certificate, Social Security Card and Picture ID or a copy - Medicaid Card and/or Private Insurance Card and Direction Card

Current Prescription Medications

Important documentation (case plans, court documents, etc.) if applicable

Towels and washcloths (2 Sets) Twin size bedding & pillow (sheets, pillowcase, blanket or comforter)

Personal hygiene items Toothbrush, toothpaste, soap (bar or liquid) shampoo, conditioner, deodorant, lotion, feminine hygiene products, hairbrush and/or comb, hair gel, hairspray **bring non aerosol items only** hair dryer and flat iron permitted.. Make-up – limited to 1 mascara, 1 eye liner, 1 eye shadow, 1 powder and 1 foundation No nail polish or remover.

Limit of 4 outfits and 2 pajamas and hangers (Such As Sweats, Jeans, T-Shirts, Sweater, Sweatshirts) Limit shoes to three pairs, including shower shoes, and one jacket – **all clothing must fit appropriately.** Please leave your yoga pants, skinny jeans and leggings at home.

Stamps, stationary, pens and envelopes ****NEW**** Alarm Clocks ONLY without radio

Laundry basket - Laundry Detergent and Softener – Powder Bleach ONLY

If you bring candy please bring hard candies (peppermints, jolly ranchers etc) that are individually wrapped up to three small bags.

Up to 2 NEW activity books (coloring books, small pack of coloring pencils, sharpener, word find, crossword, Sudoku, etc.) Up to 2 Recovery related, inspirational books

Optional: up to \$30.00 in cash for calls and other necessities.

Also – in addition to suitcases, purses and bags PLEASE ALSO LEAVE THE FOLLOWING at home:

- **Electronics such as cell phones, laptops, radios, alarm clocks, CD, MP3 or DVDs or tablets**
- **Jewelry, other than what is worn on body at all times.**
- **Books, magazines, other than meditational/inspirational or recovery related material**
- **Spaghetti strap tops, tanks, or camis. All shorts and skirts must be an appropriate length; shirts should have appropriate coverage, and pants an appropriate fit.**

All soft items will go through a 20 minute cycle in the dryer prior to room assignment, do not bring anything that cannot (i.e. leather, fur) be run through a dryer.

***WRC reserves the right to turn away any excess baggage and will not store excess baggage**