

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 two 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.** If you have any questions feel free to contact WRC at (937)562-2400 or email info@recoverycentersinc.org

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

Current Prescriptions or Medications and any Important documentation (case plans, police reports, 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, feminine hygiene products, hairbrush/comb - Hairspray must be pump – **bring non-aerosol items only.** Hair dryer and Flat iron permitted. Make up limited to 1 mascara, 1 eye liner, 1 eye shadow and 1 foundation, 1 powder (compact). Please leave nail polish, nail polish remover, body spray and perfume at home.

Limit of 4 outfits and 2 pajamas and hangers (Such as sweat pants, jeans, leggings, yoga pants, T-shirts, sweater, sweatshirts) Limit shoes to three pairs, including shower shoes, and one jacket – **all clothing must fit appropriately.**

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

Laundry basket - Laundry Detergent and Softener – Powder Bleach ONLY

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

You can also bring up to two (2) NEW activity books (coloring books, word finder, crossword etc) along with a small pack of colored pencils or gel pens and/or up to two (2) recovery related or inspirational books.

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 15 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**