



PREPARING FOR YOUR STAY

safe to bring

PERSONAL DOCUMENTS

- ID Card (Mandatory)
- Insurance Card (Mandatory)

PREVIOUS TREATMENT RECORDS

- List of current providers and their phone numbers (e.g., Primary Care Physician, Cardiologist, etc.).

MEDICATIONS & SUPPLEMENTS

- Bring all current prescription medications, over-the-counter (OTC), inhalers, topical creams, vitamins, medical supplies, etc. in their original, labeled containers.
 - Please ensure **no expired medications** are included.
 - **Do not bring** medications in a weekly organizer. We are unable to process pills from these.

COMFORTABLE CLOTHING & SHOES

Limited to one medium suitcase

- 1 week of undergarments (All clients **MUST** wear undergarments)
- 6 pairs of pants 6 shirts 2 sweatshirts
- 2 pairs of shorts (mid-thigh or longer)
- 3 dresses/skirts (knee-length or longer)
- 1 jacket
- 2 pajamas Bathrobe
- 3-5 pairs of shoes (ie., slippers, sneakers, hiking boots)

TOILETRIES, PERSONAL HYGIENE, & GROOMING

- Hairbrush, hair accessories
- Shampoo/Body Soap/Pouf
- Hair Dryer/Curling Iron
- Toothbrush, toothpaste
- Shaving Razor
- Lotion *(secured when not in use)*
- Deodorant

PERSONAL INTEREST ITEMS

- iPod/MP3 Player (for music, no recording/wifi/camera capability)
- Stationery & Stamps (for letter writing)
- Hobby/Crafts
- Family/Friend Photos
- Books, Crosswords, Sudoku
- Drawing Tools
- Notebook/Journal
- Musical Instruments

WE PROVIDE

- Blankets
- Pillows
- Comforters
- Towels
- Washer/Dryer/Detergent
- Writing Materials

CLIENT TO PROVIDE

- OTC medications, ie: Tylenol, aspirin, **ALCOHOL-FREE** cough medicine, etc.
- Hygiene products, ie: Tampons
- Cigarettes

Once admitted, LV staff purchases cigarettes for clients one day per week. Staff will not purchase any cigarettes or vape products to any client under the age of 21.

- Cash, debit, credit card for incidentals (no more than \$200 cash)

DRESS CODE

- No provocative/revealing clothing
- No depictions of drug/alcohol, sexual, racial, gang-related or political/controversial messaging

LEAVE AT HOME

- No weapons
- No self-Prescribed Medications

FIRST 24-HOUR BLACKOUT PERIOD. Devices stored securely. Use requires clinical approval.