

# WHAT TO BRING TO TREATMENT PACKING LIST

## ➤ DOCUMENTS

- Identification:** Drivers License, State ID Card, Passport, etc.
- Discharge Paperwork:** Bring discharge paperwork if you are coming from another facility.
- Insurance Card:** If you will be using insurance, have your insurance card with you for your intake.

## ➤ MEDICATION

- Prescriptions:** Bring any prescription medication you will need during your stay at Cornerstone.
- Other Medications:** If you have over the counter medications you feel you will need, you can bring them with you to be approved for use.

## ➤ CLOTHING

- Daily Wear:** You should pack enough clothing for 1 week. Washers and dryers will be provided on site.
- Athletic Wear:** Cornerstone includes physical activity into its program. Comfortable clothing for exercise is recommended.
- Tennis Shoes:** Tennis shoes should be packed to wear during physical activity.

➤ If you do not have any of these items, please let your intake coordinator know, and we will do our best to help provide them.

## ➤ HYGIENE

- Oral Hygiene:** Be sure to pack items such as toothbrush, toothpaste, mouthwash or floss.
- Shower Products:** You will want to pack any shower products you need including face/body wash, shampoo, conditioner, razor, etc.
- Self-Care Items:** Additional items can be packed for self care including hair products, blow dryer, makeup, etc.

➤ Products containing alcohol are not permitted, so please take care to check your products for alcohol before packing them.

## ➤ PERSONAL ITEMS

- Blankets and Pillows:** Bedding will be provided, but you may bring additional blankets or pillows.
- Personal Electronics:** Use of electronics will allowed after 2 weeks during down time, and is at the discretion of your therapist.
- Cigarettes:** Both cigarettes and electronic cigarettes are allowed to be used at Cornerstone.

➤ Cornerstone is not liable for lost or damaged items, so please use care when packing personal items you will be bringing with you.