

# WHAT TO BRING TO TREATMENT



Please note: all items must be able to fit into a large plastic bin with dimensions of 22.98 in. L x 14.02 in. W x 14.30 in. H



## DOCUMENTS

- Identification:** Driver 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.

## MEDICATIONS

- Prescriptions:** Bring any Prescription Medication you will need during your stay at Cornerstone.
- Other Medications:** If you have over the counter Medication 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 our programs. Comfortable clothes for exercise are recommended.
- Tennis Shoes:** Tennis Shoes should be packed to wear during physical activity.

If you don't have any of these items, Please let your Intake Coordinator know, and we will do our best to help you get 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 product you need including face/body wash, Shampoo, Conditioner, razor etc.
- Self-Care Items:** Additional items should be packed for self care including hair products, blow dryer, Make up etc.

Products containing alcohol are not allowed so please check your products for alcohol before packing items.

## PERSONAL ITEMS

- Blankets and Pillows:** Bedding will be provided but you may bring additional blankets and Pillows.
- Personal electronics:** Use of electronics is allowed after 2 weeks during down time, and it is 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 use care when packing personal items you will be bringing with you.