



What to Bring for all Programs

- **ID card and insurance card**
- **Living Will or Power of Attorney** (up to date copies only)
- **All prescribed medications** in original pharmacy bottles
- **If you smoke**, bring **unopened** cigarette packs and **cash (no more than \$200) for extras**. *Staff cannot take cards to purchase them for you.*

At SFRC we want you to feel safe, respected, and comfortable as you begin treatment. To help create a calm and recovery-focused environment, we ask all clients to dress in clean, modest clothing that allows you to participate fully in daily activities. Laundry facilities and supplies are available, and if you need clothing or support for basic items, please let staff know. We are here to help you.

What to Bring for Detox

- 5 pairs of socks
- 5 pairs of underwear

SFRC provides clothing, sandals, personal hygiene items, and sports bras for females.

What to Bring for Residential

Clothing

- 7 pairs of pants (jeans, casual slacks, sweatpants, joggers)
- 7 shirts (colored T-shirts, blouses, button down shirts, sweatshirts)
- 7 pairs of socks
- 7 pairs of underwear
- Up to 7 bras or sports bras
- 2 pairs of pajamas
- 1 robe
- 1 pair of slippers
- 2 pairs of shoes
- 2 jackets or sweaters
- 1 coat
- 1 winter hat (only during cold weather)
- Up to 2 baseball caps

Hygiene and Personal Care

(Items must be alcohol-free and in non-glass containers.)

- 1 towel and washcloth
- 1 toiletry bag
- 1 toothbrush
- 1 toothpaste
- 1 hairbrush or comb (plus only 1 additional styling tool for hair)
- 1 deodorant (alcohol free)
- 2 bars of soap/ body wash
- Makeup (no glass containers)
- 1 bottle of lotion
- 1 set of tweezers and nail clippers
- 1 bottle of aftershave lotion (alcohol free)
- 1 package of disposable razors
- 1 bottle mouth wash (alcohol free)
- 1 set of clippers (will be kept in the med tech office)

Other Personal Items

- Stamps and envelopes
- Recovery related reading material, books, or Bible (limit 2)
- 1 journal or notebook paper
- 1 Coloring book with 1 package of sealed crayons, colored pencils, or pens (*No sharpies or markers*)

Do NOT Bring:

- Bandanas
- Cameras, tablets, kindles, iPods, laptops, alarm clocks, smart watches
- Vapes, e-cigs, chewing tobacco
- Clothes irons
- Electric toothbrushes
- Expensive jewelry (wedding band is allowed)
- Food, candy, gum or beverages
- Large amounts of money (\$200 max)
- THC oils, lotions, or droppers
- Essential oils
- Lanyards

Please limit luggage to **1 suitcase and 1 backpack**. Storage space is limited.
Cell phones will be locked up during your stay.