



What to Bring: Adult Transitional Living Program

Please remember to bring a copy of your Advance Directive (if you have one), your insurance card, a photo ID, co-pays and deductibles if applicable, and the contact information for your psychiatrist, therapist and/or pain physician.

Approved	Not Approved
<ul style="list-style-type: none"> • Casual Clothing, hats are permitted for outdoor wear only • Limited toiletries <ul style="list-style-type: none"> • Manual or battery operated toothbrush • Dental floss • Alcohol-free hairspray (non-aerosol) • New, sealed deodorant (non-aerosol) • Make-up in original plastic bottles • Alcohol-free mouthwash or breath spray • New, unused shaving cream • Q-tips, make-up removal pads • Alcohol-free perfume or cologne • Electric razor and hair trimmer • Nail polish and polish remover (held by staff) • Hair dryer, curling iron, razors and tweezers are permitted at staff discretion • Body piercings are permitted at staff discretion • Magazines and/or books with appropriate content • Unopened packages of candy (max. 1 quart size bag), caffeine-free soda and gum • Foods related to special dietary needs • Lighters are permitted at staff discretion • New, unopened packages of cigarettes • iPod– music only • Pillows, comforters and stuffed animals • Patients are responsible for their own jewelry, fur coats, designer handbags, wallets and credit cards • Maximum \$30 to be placed in a personal account for patient's use • High Efficiency (HE) laundry detergent • Electronic Book Readers (content to be approved by staff) • Nicotine gum/lozenges 	<ul style="list-style-type: none"> • Revealing clothing (midriffs, short-skirts and short-shorts) • Flip flops or high-heeled shoes • Toiletries: shampoo, conditioner, soap, toothpaste, sanitary pads/tampons, cotton balls, and razors (we will provide these items) • Glass or mirrors • Electronic cigarettes are not permitted • Videos on iPods • Videos, DVDs, CDs, portable video games, cell phones, PDAs, laptops, computers, pagers, Blackberrys • Gum

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