



WHAT TO PACK

Clothing or other articles which promote alcohol or other substances, or express content considered disrespectful to others is not appropriate. To this end, please avoid bringing any clothing which displays logos or advertisements of any kind. Clothing is expected to be modest. Space is limited to one closet and one dresser, so please do not bring excessive belongings. RCM is not responsible for personal belongings and cannot be held liable to replace lost or stolen items. Bedding and towels will be provided. All clients are responsible to do their own laundry, including towels and bedding.

Items you need to bring:

- 7-9 changes of clothes (please no more than this)
- Alarm Clock
- Adequate seasonal clothing; hats, gloves, boots
- Current prescription medication
- Indoor and outdoor foot wear, including closed toed shoes
- Comfortable clothing for exercise and relaxation (sweats, yoga pants, soft clothing, closed toe walking shoes, etc.)
- Gym clothes and shoes, and a one piece bathing suit
- If you anticipate needing to make long distance phone calls, bring a pre-paid phone card
- Stationary and stamps if desired
- Shower Shoes

Items you may bring:

- Hair dryer/curling iron
- Favorite blanket
- Recovery based literature
- Stamps, phone cards for long distance calls
- Toiletries
- Personal yoga mat if you already have one. If not, there will be one for you to use during your stay.

Please do NOT bring the following items as they will be sent home at your expense, or if appropriate disposed of:

- Expensive jewelry, candles
- Over the counter medications, mood altering or illegal drugs, drug paraphernalia
- Alcoholic or non-alcoholic beverages
- Weapons or any item that can be used as a weapon
- Lighter fluid, lighters, rolling papers, tobacco products, matches
- Electronic devices
- Short shorts, miniskirts, see-through or clingy clothing, halter tops, spaghetti strap tops, tank tops, crop tops, low cut shirts.
- Novels or fictional reading materials
- Shirts with phrases or alcohol/drug related logos.

ANY PERSONAL TOILETRY ITEMS YOU BRING MUST BE UNSCENTED

07/19/17