



BEAUTERRE  
RECOVERY INSTITUTE

**What to bring**

- Please bring your picture ID and your insurance card(s).
- Please bring casual clothing (about a 5-7 days' supply) and tennis shoes to wear. You may also want to bring exercise clothes to use our exercise facilities. Laundry machines and supplies are provided at no additional charge.
- Please bring personal toiletry items (*see Exclusion List on next page*)
- Please bring your alarm clock.
- Bring personal literature to read as well as paper, pens, and pencils for note taking.
- You may bring a personal music device with headphones; but it must not be a device that takes pictures or video.
- Please do not bring any of the following items: cell phones, computers, devices (iPad/e-reader/tablet, wearable technology), sporting/exercise equipment, television, iron, weapons, pornography, expensive jewelry (*see Exclusion List on next page*)
- Please do not bring any alcohol-based products including hairspray, cologne, aftershave, facial astringent, nail polish remover and mouthwash.
- Please bring your own nicotine products; but smoking is allowed only in designated areas.

**Medications**

- Your current medication(s) will be reviewed on admission and reordered from our pharmacy.
- Please bring your prescription medication(s) in the current prescription bottle(s).
- Any mood altering or controlled substances are not allowed upon admission, including prescriptions. If they are brought in, they may be destroyed.
- Please do not bring any vitamins, dietary supplements, over the counter medications, herbal remedies, or energy drinks. Gastric Bypass clients that have specific nutritional supplement needs may bring these unopened containers for use pending pharmacy approval.

**Exclusion list:**

Please do not bring any of the following – you will be asked to make arrangements with family to remove these items from the premises. Until these items can be removed, they will be labeled and stored in a secure location.

<i>Drug paraphernalia</i>	<i>Ropes</i>	<i>Coolers</i>	<i>Perishable food including fruit</i>
<i>Cell phones</i>	<i>Extension cords</i>	<i>Cleaning supplies</i>	<i>Shoe polish</i>
<i>Pagers</i>	<i>Tattoo guns</i>	<i>Craft supplies (such as Exacto knives)</i>	<i>Hair dye</i>
<i>Cameras</i>	<i>Herbs</i>	<i>White-out</i>	<i>Keys</i>
<i>Computers</i>	<i>Playing cards/chips/dice</i>	<i>Tools of any type</i>	<i>Double edged razors</i>
<i>Nail clippers</i>	<i>Condoms</i>	<i>Hair clippers</i>	<i>Energy drinks or caffeine supplements</i>
<i>Scissors</i>	<i>Movies</i>	<i>Inhalants (glue, paint, Scotch guard, etc.)</i>	<i>Clothing or items that contain alcohol or drug statements or paraphernalia</i>
<i>Pornographic materials</i>	<i>Any devices with capabilities other than music</i>	<i>Sharpie markers</i>	
<i>Televisions</i>	<i>Video games</i>	<i>Any aerosol items</i>	
<i>Large stereos</i>	<i>Animals</i>	<i>Needles</i>	
<i>Flammable materials (candles, lighters, etc.)</i>			

*Any other item deemed harmful or inappropriate will be removed upon admission.*