



BEAUTERRE
RECOVERY INSTITUTE

PACKING LIST

Documents:

- Driver's License/Picture ID
- A copy of your Social Security Card
Or you can give the SSN verbally
- Health Insurance Card
- Credit Card for prescription copays

Personal Items:

- Prescription medications
- Personal literature to read
- Notebook/journal and pens
- Toiletries (alcohol cannot be one of the first three ingredients listed in the item)

Clothing (2 suit case maximum):

- 7 days' worth of clothing
- Gym/yoga attire
- Appropriate outdoor attire depending on the season
- Sneakers

Miscellaneous Items:

- Personal music device (cannot have camera or internet capabilities)
- Headphones
- Nicotine products (no E-cigs)
- Debit/credit card for personal items
- Padlock
- Alarm clock

Other Approved Items:

- Golf clubs
- Tennis racquet
- Guitars (no amplifiers or electronic equipment)
- Knitting needles



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EXCLUSIONARY/PROHIBITED ITEMS

Please do not bring any of the following – you will be asked to make arrangements to remove these items from the premises. Until these items can be removed, they will be labeled and stored in a secure location. Any illegal drugs or drug paraphernalia will be destroyed.

- Drugs/drug paraphernalia
- Any items/clothing representing or promoting drug use
- E-cigs
- Cell phone
- iPad/Kindle/E-Reader with Camera
- Laptop/computer
- Camera
- Television
- Stereos
- Smart watches
- Perishable food items (including fruit)
- Homemade food/snacks
- Energy drinks or caffeine supplements
- Supplements and protein
- Toiletry items with alcohol list as first three ingredients
- Hair dye
- Perfume/cologne
- Aerosol items (including hairspray or shaving cream)
- Whiteout
- Expensive jewelry
- Cash (more than \$50)
- Animals
- Sewing needles
- Candles
- X-Acto knife/blades
- Tools



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Packing FAQ:

What types of clothes should I bring?

Please bring 7 days' worth of clothes. We have free laundry on site to wash/dry clothing as needed. Clothing should be casual, no formal clothing needed. We have a gym and yoga onsite, along with many outdoors activities – appropriate workout clothes, jackets, winter accessories (depending on season), and sneakers (2 suitcase maximum).

Can I lock up my items?

Bring a padlock for your locker – some items you bring may not be allowed in your room; soda, store bought candy/snacks, purses, wallets. Please note, lockers are similar to a small gym locker (12"x12"). Each patient also has access to a small valuables safe in their bedroom for purses, wallets, and jewelry.

Can I bring in over-the-counter medications and supplements?

Please do not bring in any vitamins, dietary supplements, over the counter medications, herbal remedies, or energy drinks. Gastric Bypass and diabetic clients that have nutritional supplement needs may bring some of these items in unopened containers for use pending pharmacy and staff approval.

Can I bring razor, tweezer and nail care items?

The following items are allowed on site and will be locked in a personal needs cabinet. Staff will unlock items for personal use when requested: razors, nail clippers, nail polish, nail polish remover, and tweezers.

What linens do I need?

You may bring a personal pillow or blanket from home; by law we are required to run it through our dryer for thirty minutes prior to your use. We provide linens and towels in your room.

Can I bring a fan?

Yes, you may bring a fan or sound machine from home. Please make sure there are no frayed wires and the fan/machine is in good working order.