

WHAT TO BRING FOR YOUR STAY



As you prepare to arrive at CAT for treatment, please use this guide to review what you are and are not able to bring with you on your journey to recovery.

These items are required by patients in order to be admitted:

- Picture ID
- All prescribed medication

For your stay, you are encouraged bring the following items:

CLOTHING

- **Up to seven outfits (seven tops and seven bottoms)**
 - Provocative clothing is not allowed, including:
 - Jeans with holes
 - Tank tops
 - Leggings or spandex
 - Midriff-bearing tops
 - Shorts over one inch above the knee
- **Two sets of pajamas**
 - Jogging and loungewear may be considered sleepwear
- **5-10 pairs of socks, underwear, and brassieres (each)**
- **One coat, two hooded sweatshirts or sweaters**
- **Two pairs of closed toe shoes**
 - Open-toed shoes, heels, and sandals are not allowed
- **One pair of flip-flops for the shower**
- **Two bath towels and two washcloths**
- **Up to two belts**
- **Headwear if for spiritual, sleeping, or medical purposes**

HYGIENE PRODUCTS

- **Patients are encouraged to bring one of each:**
 - Toothbrush (non-electric)
 - Shaving cream (not razors, these are provided)
 - Conditioner*
 - Deodorant
 - Shampoo*
 - Soap
 - Toothpaste
- *Shampoos, conditioners, body washes, and lotions are required to be clear liquids, or in new, unopened packages with a manufacturer's seal*
- **Feminine products (sanitary napkins only)**
 - **Up to five makeup items**
 - **Denture care needs (excluding floss)**

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TOBACCO PRODUCTS*

- **Cigarettes in original, unopened pack**
 - No other tobacco products are allowed
 - As team members will provide cigarette lighting resources upon request, lighters are not permitted

**Please note that smoking times are designated and limited*

PERSONAL ITEMS

- **Medically necessary eyewear (glasses and sunglasses)**
 - **Appropriate reading/writing materials* such as:**
 - Books
 - Magazines
 - Personal journals
 - Bibles
- *Pornographic, violent, racially, or otherwise offensive materials are not allowed*
- **Cash; we recommend:**
 - Nothing more than \$40 in singles
 - Quarters for the vending machine
 - **If desired, patients may also bring:**
 - One Purse/Carrybag
 - One Hair Dryer
 - One Curling Iron
 - One Wig
 - Art supplies (limited amount)
 - Unframed photos of loved ones
 - Unopened playing cards
 - A spiritually-purposed prayer rug

PRESCRIPTION MEDICATIONS

- **Patients must have a 30-day supply of all approved, prescribed medications in their original containers**
 - Containers must have pharmacy labels listing patient name and the correct dosage
 - Medications cannot be expired
- **Patients bringing medication samples must have written directions provided by a doctor stating the dosage and frequency**

We ask that you carefully follow these guidelines of what to bring. This will help us to prevent any unnecessary delays in admission or other complications.

For items that you cannot bring during your stay, please see the next page. 

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Safety is our highest priority and for that reason, any items that are brought into facility during treatment stay that are not permitted will be confiscated and may result in being discharged from services. Some necessary items from the list below may be provided for you. Consult our Access team for more information.

We appreciate your consideration when preparing for your visit to not bring any of the following items:

- **No electronics, such as but not limited to:**
 - Cell phones
 - iPods
 - Laptops
 - Electronic tablets
 - Electric shavers
- **No food or drinks**
- **No hair chemicals or extensions**
- **No items containing alcohol or that can be huffed, such as but not limited to:**
 - Nail polish
 - Nail polish remover
 - Aerosol cans
- **No cologne, perfume, or body spray**
- **No Q-tips, floss, razors, nail clippers, tweezers, or scissors**
- **No hats (including baseball caps), gloves, or scarves**
- **No bed linens, pillows, or stuffed animals**
- **No envelopes or stamps**
- **No weapons, alcohol, drugs, or drug paraphernalia**
- **No tampons (sanitary napkins allowed only)**
- **No lighters (including disposable) or nicotine replacement products**

Please note that patients are searched at the time of admission, and anything deemed to be contraband will be confiscated and not returned. You can hand over anything not allowed to the person who is dropping you off.

More questions? Call CAT at 513.381.6672