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# Residential Program

## Personal Items



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### THINGS TO BRING

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- Drivers license or passport (if non-resident of United States)
- Toiletries (alcohol-free)
- Laptop, cell phone and iPod\*
- Weather-appropriate clothing and recreation wear, i.e. rain wear, sleeping bag and a good pair of sneakers for camping and hiking trips
- Fitness wear (t-shirts, shorts or track pants and runners)) for use in yoga, martial arts, wellness training, etc.
- Appropriate reading material (bring *AA Big Book*, *12 Steps* & *12 Traditions* and *Twenty Four Hours a Day* if you already have them)
- Musical instruments for music therapy, leisure time and use in our recording studio
- Money for incidentals (will be kept in safe - \$10.00 maximum on your person)
- Swimwear for wake boarding, tubing, rafting and beach trips
- Set of towels
- Twin bedding including sheets, pillows and comforter

*\*Access may be restricted during Phase I*

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### THINGS NOT TO BRING

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- Clothing suggestive of alcohol or drug use promoting sexism, racism or homophobia
- Drug paraphernalia
- Cameras or video equipment
- Heating pad or electric blankets
- Weapons, including pocket knives
- Food, sweets, beverages of any sort (including tea and coffee)
- Valuable jewelry or expensive clothing
- Pornography