



## ADOLESCENT RESIDENTIAL ADDICTION TREATMENT

### What to Pack

#### ATTIRE

- Seven shirts
- Seven pairs of shorts and/or pants
- Seven pairs of socks and underwear
- Other undergarments (i.e. bras)
- Two pairs of pajamas
- One pair of slippers
- One sweatshirt, jacket and/or coat and other weather appropriate attire (i.e. hat, gloves, boots)
- Two pairs of shoes – one pair for every day, one pair for exercise and recreation
- One set of exercise cloths
- One piece swimsuit (girls) or swim trunks (boys)

#### PERSONAL HYGIENE ITEMS

- Toothpaste
- Toothbrush
- Dental floss
- Body soap
- Facial soap
- Shampoo
- Hair brush, comb, etc.
- Deodorant
- Feminine hygiene products
- Razors (disposable and electric razors are checked out with staff for each use)
- Shaving lotion (no gels and creams in metal cans are allowed)
- Cosmetics (one of each eye shadow, concealer, lip balm or gloss, etc.)
- Hair dryer, hair straightener, curling iron (checked out with staff for each use)