



## What To Pack And What To Bring

While preparing to join us at the YSS Adolescent Residential Addiction Treatment Program, we want your recovery to be comfortable, while also ensuring everyone's safety. Please review and adhere to the following guidelines for bringing items from home. Staff will have the final say on all items brought into the facility.

### Parents Please Bring

- Insurance cards, including dental
- Copy of divorce decrees outlining parental authorization, if applicable
- Prescription medications in original containers, name of pharmacy and the prescriptions if possible

### We suggest you bring the following:

- Nine appropriate shirts
- Eight pants/jeans
- Seven pair of socks
- Seven underwear/bras
- Three pair of pajamas
- One pair of slippers, one pair of shower shoes.
- A pair of headphones or ear buds for use with the computer for during school time.
- A portable FM/AM radio with ear buds is allowed (No CD player or MP3 player)
- Two jackets/coats and other weather appropriate attire (hat, gloves, boots, etc.)
- Four pair of shoes to include every day wear and active wear.
- Four pair of work out shorts
- Two swimsuits
- Makeup - one item each (eye shadow, concealer, lip balm, etc.)
- Hair dryers, hair straighteners, curling irons are allowed and are locked up between uses
- Toiletries: Toothpaste, toothbrush, soap, shampoo, deodorant, disposable razors, shaving lotion (no gels and creams in metal cans are allowed), brush, combs, etc. All products must be in new sealed containers.
- Laundry detergent is provided and you will be assigned one day a week to do your laundry.

\* Guests should limit the amount of items brought into the program facility due to individual storage space limitations. Clothing which is extremely delicate, hard to replace, or requiring special cleaning should remain at home. It is advised to mark all clothing with an indelible laundry pen to cut down on loss and misplacement. All items will be inventoried upon arrival. YSS is not responsible for lost or stolen clothing.

### Due to the nature of our treatment program, the following items are prohibited:

- Apparel promoting musical artists
- Tobacco products, lighters/matches
- Products containing alcohol
- Glass objects
- Valuables/money
- Guns, weapons, knives
- Cell phones
- Video games
- Movies
- No aerosol cans of any kind are allowed in the facility and will be disposed of immediately
- Apparel with drug/alcohol/nicotine/sexual oriented logos/inappropriate language
- Tank tops
- Nail polish, nail polish remover
- Manicure sets, knives, hair clippers or other sharp utensils
- Candy, pop, gum, food, etc.
- Perfume/body spray
- CD player/ MP3 player or musical instruments
- Flash drives
- Any type of wireless or camera ready device
- Purses

Additional items brought from home during your stay without prior approval will be sent home.