

Packing Guide

Thank you for selecting Headwaters to begin your journey to recovery. We understand that preparing to come to treatment can be an overwhelming process. Below is a list of what to bring and what not to bring. A thorough search and inventory will be taken of your belongings upon your arrival. Any prohibited items will be disposed of or stored until it is time for you to discharge.

What to Bring:

- Photo ID - Driver's license, passport, or government-issued ID
- Insurance Cards AND Prescription Cards - even if treatment is self-pay, we can try to use insurance for Rx / Lab requests
- Credit card to pay for any services that are not included as a part of treatment (outside medical appointments, massage, etc.)
- Current medication, including dose and directions for use (in original prescription bottles)
- Advanced Directives as appropriate, POA documents, medical proxy, etc.
- The names, addresses, and phone numbers of health care professionals whose care you have recently been under
- Clothing: The general rule is to bring 7-10 days' worth of clothing.
- Shoes for everyday use, including sneakers/socks, close-toed shoes, casual shoes & flip-flops
- Casual slacks, jeans, shorts, and swimwear
- T-shirts, golf shirts, casual short or long-sleeved shirts, and ball caps/visors
- A light to medium coat and a sweater or pullover/hoodie may be desirable
- Pajamas, a robe, and slippers are recommended
- Residents must always wear shoes, except while in your room.
- If you smoke, you must bring only sealed packages/cartons - NO open packs will be allowed. Smokeless, disposable tobacco is also allowed and must be in sealed packages as well. Refillable liquid vapes are NOT allowed.
- Please bring enough cigarettes with you. Families will be able to send cigarettes to patients once they are here if they run out.
- Toiletries: Toothbrush, toothpaste, shampoo and conditioner, brush, nail clippers, moisturizer cream, hairdryer, disposable razors, sunscreen, and sunglasses. Please plan to bring the toiletries you will need for the duration of your stay. If you run out of items, loved ones may send them to you.
- Hanley Center has a store on campus. To make purchases at the store, you will need a credit card in the patient's name.

What Not to Bring:

- Inappropriate clothing: clothing that depicts alcohol, drugs, sex, violence, short shorts, mini-skirts, or clothing that exposes stomach and/or chest.
- Cash.
- Items of high financial value should be left at home.
- Any device that has a camera, DVD players, or similar devices.
- Any network-reliant hacking device (such as a flipper) that can be used to exploit, collect data, penetrate company resources, leak or extract patient data, or disable network infrastructure is not permitted. Bringing one of these devices with you expressly waives any and all claims, in law or equity, to the destruction of such property.
- Additional Contraband, including but not limited to:**
 - Clove cigarettes, pipes, cigars, vapes.
 - Alcohol in any form or illegal drugs, any medication that is in direct conflict with treatment provided by Hanley will be deemed adverse to recovery and considered contraband.
 - Controlled substances (i.e., Ativan, Xanax, narcotics, etc.) may be confiscated and destroyed.
 - Pornography in any form.
 - Weapons, including firearms and their supplies, knives of any kind.
 - Sports equipment, including but not limited to golf clubs, tennis rackets.
 - Aerosol can products, including hair spray.
 - Needles or straight pins.
 - Any product containing alcohol, including scented lotions, perfume, mouthwash, and aftershave.