



Limit personal items to the equivalent of 3 dresser drawers.

Items in excess will either be sent home with your ride or discarded. Items may not be stored in our building.

No exceptions

PLEASE LABEL ALL PERSONAL ITEMS

CLOTHES

All Clothing must cover your body. It is essential to be respectful in the manner you dress. Shorts and Skirts must be knee length or longer. No sagging pants, muscle shirts, belly shirts, spaghetti straps, low cut revealing clothing or items with drug or alcohol, or gang insignias will be allowed.

LINENS

Bedding: Sheets and a pillow are supplied. You may want to bring your own pillow and/or an additional blanket if you tend to get cold at night. You may bring your own bedding if you prefer (twin).

Towels: It is recommended that you bring: 2 bath towels, 1 hand towel and washcloths.

IMPORTANT

Alarm clock, clothes hamper/basket, covered drinking cup, flashlight, umbrella and work-out clothing for the gym.

Suggestions: Envelopes and stamps, Notebook, Writing/Drawing supplies, important phone numbers and addresses (medical, legal, family), Headphones, Phone Cards, Bus Tickets, Valid ID (driver's license, state ID, SS card)

MEDICATION

Bring in a **30 Day** Supply of all necessary prescription drugs in their labeled pharmacy bottles. Narcotic, benzodiazepine and stimulant medications, methadone, buprenorphine and naloxone are **NOT** allowed. Please speak with staff **BEFORE** you enter treatment if you are currently taking these medications.

RECOMMENDATIONS

Over the counter drugs are not provided. Please bring medicines that you may require such as Ibuprofen, Tylenol (highly recommended), Tums and allergy medicine. These medications must be new sealed packages. Medicines containing alcohol and ephedrine are **NOT** allowed

30 Day Supply: Cigarettes
Personal Care Items: Shampoo, body soap, hand soap, toothpaste, razors, deodorant, feminine hygiene products, etc... Laundry soap and toilet tissue are provided.

ITEMS NOT ALLOWED

Weapons (this includes pocket knives). Mouthwash containing alcohol. Aerosol Cans. Lock Boxes – we have a safe if necessary. Torch Lighters. Hand Sanitizer. Protein Powder/Pre –Workout Vapes/Chew, Candles/Wax burners/plug in air fresheners. Kitchen electrics (excluding crock pots and coffee pots)

Electronic Devices:
Cell phones/Pagers, Computers, iPad, kindle, Nook, Smart watches **NOT** allowed for the first 30-45 days

The Stephen Center is not responsible for lost or stolen items. Please leave your valuables at home.