



Packing List* for Back Cove Residential Program

**Clients are limited to 1 suitcase*

Clothing and Toiletries

Casual, comfortable clothing (fairly conservative in style) is strongly suggested. It is recommended to pack the following items:

- Appropriate clothing for the season, about 2 weeks worth. (Note: Equine therapy takes place outside.)
- Pajamas
- Robe and slippers
- Yoga / exercise clothing
- Sneakers
- Jeans or casual wear
- Coat, hat and gloves, as seasonally appropriate
- Hard soled shoes or boots for equine therapy
- Bathing suit
- Personal care items: soap, toothpaste, toothbrush, shampoo and conditioner, deodorant, cosmetics you wish to use, hygiene products, etc. (Note: Any items that are alcohol based and drinkable are not allowed.)
- Hair dryer

Medications

Any medications you bring to Crossroads must be prescribed by your doctor and in the original containers with prescription labels attached. Medications not labeled and / or with a potential for abuse or dependency will be destroyed upon arrival.

Clients can bring a full supply of birth control pills, hormones, vitamins, etc. provided they are in their original, sealed containers.

Other Suggested Items

- MP3 player that does not have a camera or ability to connect to the internet with earphones.
- Medical insurance card

- Photo identification
- Stamps, envelopes, paper and pens
- Hobby materials
- Recovery books or novels

Plan to Leave the Following Items at Home

In order to have the most effective and powerful recovery, Crossroads does not allow certain items at the facility. If you are packing for a stay at Crossroads, please plan to leave the following items at home, as they are prohibited:

- Electronic devices, such as cell phones, cameras, laptop computers, tablets, CD players, electronic games, musical instruments or anything not related to recovery.
- Drugs, alcohol, and paraphernalia
- Products containing alcohol
- Medication not prescribed by a physician
- Candy (even sugar-free candy), food and / or beverages
- Hair dye, nail kits, nail polish, and nail polish remover
- T-shirts with suggestive messages (e.g., sex, drugs, alcohol, etc.)
- Aerosol spray cans (except for shaving cream)
- Perfume, candles, incense
- Herbal remedies
- Chewing tobacco or cigars
- Large amounts of cash (Crossroads is not responsible for personal items kept in a client's possession. However, Crossroads does provide access to a locker.)
- Pocketknives or tools of any kind
- Fire arms / ammunition
- Sewing kits
- Smoking cigarettes is permitted in designated areas only and at designated times. If you plan to smoke while in treatment, please bring enough cigarettes for your estimated length of stay.

Laundry and Bed Linens

Patients are free to do laundry during leisure hours. All laundry supplies are provided by Crossroads. In addition, bed linens and towels are provided at the facility. Outside bedding is not allowed.

*****Crossroads reserves the right to refuse any item at admission if it is inappropriate, or if there are too many belongings to fit in the room provided. We will send refused items back with your ride or store small items, which will be returned to you at discharge. Any and all drug and /or alcohol products brought into the facility will be confiscated and discarded.***