

What to Bring to Treatment

Hope In The Mountains

- 10 bottoms (includes sleep pants, lounge pants, blue jeans, etc.)
- 15 tops (includes hoodies, undershirts, sleep shirts, t-shirts, tank tops, etc.)
- 7 pairs of panties
- 7 pairs of socks
- 3 bras
- 3 pairs of shoes
- 1 coat or jacket

The above is the maximum allowable amount of clothing. You do not have to bring this much.

Please Remember: Count the clothing on your body when packing.

OTHER ITEMS

- ▶ Photo ID
- ▶ Social Security Card
- ▶ Insurance Card (if applicable)
- ▶ Active SNAP Benefit Card (if applicable)
- ▶ Toiletries (nothing perfumed)
- ▶ No perfume
- ▶ Cigarettes, if you smoke. Must be unopened. If you roll your own you must bring your own tobacco.
- ▶ Small amount of money (in case you run out of anything)
- ▶ Stamps and envelopes
- ▶ Change or calling card for pay phone (\$1.75 per call)
- ▶ Laundry detergent

SNACKS and DRINKS

- ▶ Snacks: Allowed but must fit in a single regular size plastic grocery bag.
- ▶ Drinks: We have a soda machine. You are welcome to bring your own non-alcoholic beverages.