



Addiction Treatment & Prevention Services  
211 Ave. M West  
Fort Dodge, IA 50501  
(515) 576-7261

### **PERSONAL ITEMS FOR ADOLESCENT RESIDENTIAL TREATMENT**

**MEDICATIONS:** Current/Non-Expired 30 Day supply in a labeled prescription bottle which has physician's name **and** a written prescription from the physician.

#### **PERSONAL GROOMING:**

- Comb/Brush/Pick
- Non-Aerosol Deodorant
- Hair Dryer/Curling Iron
- Make-Up
- Non-Aerosol Cologne/Perfume
- Non-Aerosol Hair Spray
- Non-Aerosol Personal Hair Care Products
- Sanitary Supplies (Females)
- Electric Razor
- Soap/Bodywash
- Toothpaste/Toothbrush
- Laundry detergent (optional)
- Personal items—1 Stuffed Animal, Family Pictures-NO GLASS
- 1 Blanket/1 Pillow (optional - we provide bedding)
- Stationary/Envelopes/Postage Stamps

#### **DO NOT BRING THE FOLLOWING:**

- Anything related to Satanism
- Cameras-NOT ALLOWED
- Cell phone-NOT ALLOWED
- Clothing advertising - Bars/Beer/Drugs/Gambling
- Clothing with Satanic, Gang, or Sexual Pictures/Sayings/Billabong/Bob Marley
- Compression/Spandex/Bike Shorts
- Spiral Notebooks/Writing Utensils/Magazines
- Mouthwash Containing Alcohol
- Musical Instruments
- Over the counter medication (unless signed Dr.'s orders)
- Pornography
- Q-Tips
- Video Games
- Weapons (Knives/Scissors/Mace/etc.)
- Work Boots, Steel Toe, or Cowboy Boots
- Hard Candy/Snacks/Pop or Drinks
- Lighters/vapes/nicotine items
- Hair removal cream

#### **CLOTHING:**

- Flip-Flops (for shower--recommended)
- Hoodies—2
- Jacket/Coat-1
- Jeans/Pants/Sweatpants-7
- Pajamas
- Shoes/Athletic Shoes—**No more than 2 pairs**
- Shorts & Shirt for PE-3
- Slippers/Robe-1
- Shirts-7
- Underwear/Socks/Tanks/A-Frames—7

#### **MISCELLANEOUS:**

- Alarm Clock/Radio/Desktop Fan
- Money—No more than \$20 (small bills or quarters)