



## COMMUNITY & FAMILY RESOURCES

### PERSONAL ITEMS TO BRING FOR PRIMARY RESIDENTIAL TREATMENT (ADULTS)

**MEDICATIONS:** 30 Day Supply in a labeled prescription bottle which has the Physician's Name and a written prescription from the Physician.

#### **PERSONAL GROOMING:**

Deodorant soap  
Shampoo  
Toothpaste  
Deodorant  
Hair dryer/Curling iron  
Hair spray (non-aerosol)  
Styling gel/mousse  
Sanitary supplies (women)  
Comb/Brush  
Shaving kit  
Make-up (limited amount)

#### **CLOTHING (only 8 outfits):**

Jeans  
T-shirts  
Underwear  
Shoes/Athletic shoes  
Pajamas  
Slippers/Robe  
Sweat pants/tops  
Shorts – Appropriate Style  
Socks  
Jacket/Coat  
Flip-flops (for shower)

#### **MISCELLANEOUS OPTIONAL ITEMS:**

Alarm clock  
Personal items (such as books)  
Money  
Phone card to make long distance calls  
Nicotine replacement aids

Fan  
MP3 player without camera  
Notebooks, coloring pages, colored pencils  
Laundry detergent/dryer sheets  
Hard candy

*Note:* Upon arrival, all belongings will be inventoried and clothing will be placed in the dryer. Individuals will shower in upon admission.

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

- Cell Phone (NOT ALLOWED)
- Over the counter medication (unless accompanied by signed physician orders)
- Clothing with holes or that is tightly fitted
- Clothing with Satanic, Gang or Sexual Images/Sayings
- Clothing advertising bars, alcohol, or drugs
- Satanic clothing or anything relating to Satanism
- Short Skirts/Shorts/Midriff Tops
- Weapons (knives, scissors, mace, etc.)
- Pornography
- Contraband (drugs, alcohol, tobacco, etc)
- Mouthwash (containing alcohol)
- Items with alcohol in the ingredients
- Sharpie markers
- Electronics (such as cameras, video games, computers, laptops, smart watches, tablet)

**CFR is a nicotine-free campus.** The use of tobacco or tobacco-like products, non-FDA approved nicotine replacement therapy products, emerging tobacco products, or electronic/simulated smoking devices on campus is prohibited. This refers to the use of any tobacco or tobacco-like product, including smokeless tobacco products (*examples include but are not limited to cigarettes, electronic cigarettes, cigars, chewing tobacco, snuff, pipes, snus, etc.*) The only nicotine products allowed are those that have been approved by the FDA for the treatment of nicotine dependence.