



COUNTRY ROAD
your road to recovery

What to Bring on Your Journey

Residential Addiction Treatment Packing List



- 15 changes of clothes (to include workout, yoga, and equine attire)
- Jacket
- Swimsuit (one piece for women)
- Closed toe athletic shoes (appropriate for recreation and equine therapy)
- Personal hygiene items (no aerosol or items containing alcohol)
- Hair dryer and additional styling products (straightener, curling iron, etc.)
- Optional pillow if desired (Must be new and in bag. One will be provided)
- Spending money for outings and additional needs during shopping trips
- Additional pens and notebook if desired
- Meditation/ inspirational literature if desired
- Driver's license and/or ID
- Insurance card and prescription card if applicable
- Prescribed medications, preferably in blister packs (These must be labeled with the pharmacy label.) All vitamins and/or supplements must be new and unopened
- List of important contact names, phone numbers and addresses if you'd like to contact them during your stay
- Personal photos of loved ones if desired
- Appropriate sleepwear (no lingerie)
- Stationary and stamps
- Sound machine if desired
- Aroma-therapy items, if desired. No items containing alcohol, CBD, or THC. No exceptions.



WHAT NOT TO BRING:

- Aerosols
- Anything containing alcohol
- Fingernail polish/remover
- Media devices (phones and laptops will be locked and stored during your stay)
- Sharp objects (needles, knives)
- Hair dye
- Cleaning supplies
- Rubbing alcohol / hydrogen peroxide
- No food, beverages, or snacks unless prescribed by a physician. No exceptions. (All snacks and meals will be provided for you)

