**Champlain Valley Family Center Recovery Campus  
What to Bring/Not Bring to Treatment**

**\*\*Please note, what is listed below is allowed unless the discretion of the staff says otherwise upon admission. Anything not allowed by staff will be placed in your personal property and placed in storage. If you are unable to bring something that is listed below, we will provide necessities for you. There will be no drop off from family members or significant others allowed after admission.\*\***

**What to Bring:**

* 2 towels and 2 wash cloths & shower shoes
* 4-5 changes of clothes (5 pairs socks, 5 changes of underwear, 3 casual pairs of pants or jeans, shorts, 4 shirts/blouses or modest tops (no tank tops, or “wife beaters”, clothing should reveal no “bellies, breasts or butts), 2 pajamas or nightgowns (shorts and t-shirt acceptable), robe & slippers
* 1 light-weight jacket (in cool/warm weather)
* Warm coat, gloves, and hat (in cold weather)
* 2 pairs of shoes (include casual shoes such as sneakers, boots in winter.
* Prescribed medications
* Water bottle
* Picture ID and insurance cards
* Basic toiletries (razors, shaving cream, shampoo, conditioner, body wash, etc.)
* 30 day of Prescribed medications if possible
* Stamps and envelopes

**What NOT to Bring:**

* Cell phones/cameras/laptops/tablets/etc.
* Any medication that is not prescribed to you (this includes over the counter medication or dietary supplements)
* Illicit Drugs/Alcohol/paraphernalia
* Food or beverages (except clear water bottle)
* Nicotine or tobacco products (include e-cigs or vapes)
* Matches, lighters, candles
* ANY products containing alcohol
* ANY products containing aerosol
* Sexually explicit and violent material
* Weapons
* Personal blankets, pillows, stuffed animals, or other bedding material
* Pencil sharpeners
* Knitting/crochet needles
* Any clothing that has alcohol/drug related logos or wording