



Recovery begins today.

Below is a general list of what you will want to pack and what you will want to leave at home before your arrival to Pathways. Our Admissions Counselors can answer any additional questions you may have.

What to bring:

- Casual attire-washer and dryer are available for use
- Exercise clothing-gym shorts/shirts and sneakers
- Weather appropriate outerwear- including umbrella
- Personal hygiene items- shampoo/ soap/ toothbrush/toothpaste/ shaving kit
- Medications-bring your existing prescribed medications in the original bottles
- Smoking and tobacco products (NO VAPES!)
- Picture ID
- Insurance and/or prescription card
- Books or magazines
- Phone- this will be collected by staff and given back during breaks
- C-Pap machine if you have one

What NOT to bring:

- Alcohol or non-prescription/illegal drugs
- Vapes
- Over the counter medications and vitamins
- Camera, tablet or laptop
- Aerosol cans
- Perfumes/Cologne or any product containing alcohol
- Inappropriate or revealing clothing- including clothing with alcohol or drug logos/graphics
- Expensive jewelry or clothing
- Outside food, drink, or candy
- Guns, knives or any item that can be used as a weapon

**Please note that the safety of our patients is our top priority so your bags can be subject to search.*