



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 (Only single use, disposable vapes)
- Picture ID
- Insurance and/or prescription card
- Books or magazines
- Phone
- C-Pap machine and other required medical equipment if you have any

What NOT to bring:

- Alcohol or non-prescription/illegal drugs
- Refillable vapes
- Over the counter medications and vitamins
- Tablet or laptop - Unless approved by staff before admission
- Aerosol cans
- Mouthwash or any product containing alcohol
- Inappropriate or revealing clothing- including clothing with alcohol or drug logos/graphics Expensive jewelry or clothing
- Guns, knives or any item that can be used as a weapon