



CENTRA

Medical Stabilization

Freedom begins here.

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 or comfortable clothes for approximately 3 days
- ✓ Personal hygiene items- shampoo/ soap/ toothbrush/toothpaste/ shaving kit
- ✓ Medications-bring your existing prescribed medications in the original bottles
- ✓ Electronic cigarettes or dip (**NO VAPES!**) The floor will provide gum or a patch
- ✓ Picture ID
- ✓ Insurance and/or prescription card
- ✓ Books or magazines
- ✓ Phone
- ✓ Laptop, iPad, Kindle
- ✓ C-Pap machine if you have one

What NOT to bring:

- ✓ Alcohol or non-prescription/illegal drugs
- ✓ Over the counter medications and vitamins
- ✓ Perfumes/Cologne 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

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

