



## PCTD Packing List

### What TO bring to Detox

1. Limit to one personal bag and one carry-on bag.
2. Your ID and Insurance ID card(s), please make sure to bring your **Prescription/RX Card**.
3. Bring **ALL** your current medications in the original pharmacy issued bottle. Do **not** bring over-the-counter medications.
4. Bring enough clothes for 3-4 days, we can do laundry for you while you are here. Please bring washing machine safe clothing as we will wash your items upon arriving. Bring comfy clothes!
5. Bring any books or crosswords you would like for downtime.
6. Bring a toothbrush (not electric), toothpaste, soap, shampoo, floss, all personal hygiene items (*perfume and aerosol deodorants are not allowed.*)
7. Personal Music devices **without** cameras or connection to the internet, are allowed, please bring headphones.
- 8. If you use nicotine products, please bring enough for 7 days. Bring a carton of cigarettes if you smoke! If you vape, only bring new unopened juice or pods. If you are not respectful with chewing tobacco it will not be allowed.**

### What NOT TO bring to Detox

1. No outside Food or Drink.
2. No items that have Alcohol in the ingredients, such and mouthwash, hand sanitizer or deodorant.
3. No electronics, such as cell phones, tablets, E-Readers, hair dryers, curling irons, or laptops are allowed. This list is not exhaustive.
4. Do not bring your own Pillows or Blankets.
5. No smart watches or any device that may connect to cellular data.