

RAINFOREST RECOVERY CENTER

PLANNING YOUR INPATIENT STAY

ITEMS TO BRING WITH YOU

- Two forms of photo identification.
- Copy of TB test results (done within the past year)
- Copy of History and Physical (done within the past 30 days)
- Medications:
 - IMPORTANT – please bring a 30 day supply of any prescription medication as well as over the counter medications.
 - ALL over the counter medications must be sealed.
 - ALL medications (prescription and over the counter) are either approved or disapproved for use while in treatment by the RRC medical director.
 - BRH/RRC is a tobacco free campus, as such you should make arrangements such as Nicotine patches/gum for your use while in treatment.
- Quarters for pay phone or a phone card. PLEASE NOTE: Phone use is limited to only a few times daily and completely restricted for the first 5 days of treatment.
- Clothing:
 - Storage is limited so clients are restricted to one small suitcase (airline carry-on size).
 - Clothing for outdoor activities
 - Bathing suit (non-revealing – no Speedo's for men, no bikini's for women).
 - No alcohol, drug logos or sexually suggestive content.
 - RRC provides laundry detergent.
- Personal hygiene:
 - Toothbrush, toothpaste
 - Hairbrush, comb
 - No hairstyling appliances are allowed due to facility 3-prong electrical safety rules.
 - Hand creams, hair products, etc. CANNOT contain alcohol in the first 3 ingredients. PLEASE check your bottles before packing, you will not be allowed access to these.
- Small personal items are ok such as family photos, books, Etc.
- 1 small battery powered CD player is allowed.
- Battery powered alarm clock (if desired).
- Personal CD's – LIMIT 5, no parental advisory messages, no drug references, Etc. All CD's must be approved by your treatment counselor.

ITEMS NOT ALLOWED

- Narcotics (such as Morphine, Codeine, Vicodin, OxyContin, methadone, Demerol and such)
- Benzodiazepines (such as Xanax, Librium, Klonopin, Valium, Ativan, Versed and such)
- Jewelry, valuables or large amounts of cash (anything over \$100 will be secured off-site)
- Tobacco of any kind, alcohol, firearms, knives, anything that can be used as a weapon.
- Computers, iPod's, televisions, cell phones, mp3 players, games, DVD players, DVD's, VHS Tapes (basically anything distracting from your treatment program)
- Electrical devices with a 2-prong plugs/chargers.
- BRH/RRC is a scent free facility. As such perfume and shaving lotion are not permitted.

PLEASE ADHERE TO THE GUIDELINES ABOVE. ALL BELONGINGS WILL BE SEARCHED UPON ARRIVAL. Items not approved will be placed in safe storage until discharge. If you have any questions about what to bring with you, please call before you arrive.