

# Women's Residential

## Things to Bring to Treatment

Listed below are the **maximum amounts** of items that you are allowed to bring into the residence. Due to limited space, clients can only bring two bags: 1 large bag/luggage and one small bag. Clients who bring more than the amounts listed will have 1 day to store items off premises or dispose of them.

### Clothing

- 14 sets of clothes max to include casual, work, athletic and sleepwear
- 1 jacket or hooded sweatshirt
- 14 pairs of undergarments
- 10 pairs of socks
- 2 pairs of shoes

### Toiletries (limited quantities and ONLY Alcohol-Free toiletries allowed)

- Toothpaste and Toothbrush
- Razors
- Deodorant
- Shampoo and Conditioner
- Feminine Hygiene products (tampons/pads)
- Blow dryer/Hair straightener

### Bath items

- 2 Bath towels
- 2 Wash Cloths
- Shower shoes

### Bedding

- 1 pillow
- 2 sets of twin sheets
- Blanket/comforter

### Miscellaneous

- 1 clear backpack- must be CLEAR
- 1 purse that is either clear or no larger than your hand
- 3 books or other literature
- 3 mementoes (stuffed animals, pictures, cards, etc.)
- 1 Keychain/Lanyard
- 1 Long distance calling card
- 1 Notebook/pens/pencils/folder/journal/paper pad
- Electronics and music devices are NOT allowed until approved by the clinical team (8+ weeks)

### Documentation

- Driver's License, photo ID, birth certificate, and/or social security card (if available but not required)
- Food Stamps Card (if available but not required)
- COVID Vaccination Card (if available but not required)
- You MUST bring a 30-day supply of any prescription medication and medication list from prescribing physician, if applicable
- You MUST bring documentation of any medical or mental health diagnoses from a licensed professional, if applicable
- You MUST bring a recent negative TB card if there is any history of a positive TB test

**Ascensa Health reserves the right to confiscate any items it considers to be inappropriate, harmful, or contraband regardless of categorization above.**