



What to Bring to Treatment

1. Photo ID and Social Security card
2. A 30-day supply of any legally prescribed medication in the client's name. (Narcotics or Schedule 4 drugs must be approved in advance.)
3. **Only seven changes of clothing**, one for each day of the week.
 - 3 pairs of shoes (slippers are okay but must not be worn outside)
 - Socks (7 pairs)
 - Underwear (7 pairs)
 - Bras (7; no lingerie)
 - Shirts (7; tank tops, spaghetti straps and mesh tops will not be allowed anywhere other than the residential areas)
 - Pants and shorts (No holes; shorts must be thigh length–no “booty shorts”)
 - Hangers (10-optional; clothes must be folded or hung up)
4. Personal toiletries such as soap, shampoo, conditioner, toothpaste, toothbrush, deodorant, cologne or perfume (nothing containing alcohol)
5. Alarm clock
6. Laundry soap (1 container)
7. Cell phone and charger (access is restricted based on level of treatment)
8. No more than \$50 cash (bring small bills as the facility will not provide change)
9. Cigarettes and lighter (but no E-cigs or chewing tobacco)
10. Snacks
 - must fit in locker
 - must be in individual or re-sealable containers
 - no homemade items
 - soda is allowed but must not exceed 12-pack

What **Not** to Bring to Treatment

1. Bedding (Mirror provides pillows and bedding at check-in. No personal linens are allowed.)
2. Clothing that is revealing, contains explicit wording or that has graphic designs depicting drugs, violence or gangs
3. Weapons of any kind
4. Vapes, chewing tobacco or e-cigarettes of any kind
5. Food items that require refrigeration
6. Fresh fruit, sunflower seeds or canned meats
7. Supplements
8. Anything expensive or of high sentimental value that could be lost. (ex: headphones)