

## What to Bring: Residential Program

Please review this guide as you prepare to join our residential program. Feel free to reach out to Walden's Welcome Center if you have any questions. We are here for you every step of the way.

### Necessary Items

- Patient's Health Insurance and Prescription Card
- Patient's Photo Identification
- List of Current Providers & Phone Numbers
- Medications in original packaging
- Credit Card for medication, copays and personal items

### Clothing

- Seasonally appropriate, comfortable clothes and shoes
- Please avoid tank tops, short shorts or skirts, high heels or overly revealing clothing
- Please try to limit yourself to one bag
- Items will be searched upon admission

### Optional Items

- Comforting items (e.g. blankets, pillows, small stuffed animals, etc.) Any blankets or stuffed animals are put into the dryer for 20 minutes upon arrival.
- Cell phone and laptop to be used during tech time only, and cameras must remain off for the duration of stay for HIPPA/confidentiality.
- Items of interest / hobby: craft materials, movies (none rated 'R'), books, crossword puzzles, Sudoku, favorite music, musical instruments, knitting or crocheting materials, etc.
- Family and friends' photos
- Warm clothing such as long-sleeve shirts and pants
- Journal
- Paper or folders to use in groups

### What Not to Bring

To maintain safety throughout your stay, we remind you that the following items are not allowed:

- Diet Pills, Laxatives, Diuretics
- Alcohol or Illegal Drugs
- Weight Control Substances
- Tabloid or Fashion Magazines
- Open over-the-counter medications
- Food or beverages
- Cameras
- Weapons

We ask you to be thoughtful about what you bring and encourage you to not bring items that are of high value, can be broken or damaged easily, or are irreplaceable. We recommend that you not bring large amounts of cash. Walden Behavioral Care is not responsible for the replacement or cost of lost items.

### Medications

Prescription medications in original packaging and sealed over-the-counter medications are allowed. Residents are expected to purchase their own vitamins, over-the-counter medications, and prescribed medications while in the program. Please bring insurance cards and have a credit card available for medication ordered.

### Toiletries

Items to consider, but not limited to:

- Shampoo, conditioner, soap, lotion, hair products, toothbrush, toothpaste, cotton balls, q-tips, pads, tampons, menstrual cups, etc.
- Additional items may be purchased
- Any product with alcohol as the first ingredient will be held by staff

### Items Walden Provides

- Laundry
- Community phones
- Television
- Food & beverages
- Bedding linens
- Towels
- Desktop computer with Internet access & printer