

PROVIDED BY SKYWOOD:

- Towels
- Bed linens
- Washer/dryer

WHAT NOT TO BRING

- Space is limited, so any items in excess of what is necessary will be placed in storage. Costs associated with shipping items back home will be the responsibility of the patient.
- Electronics including iPods, iPads, CD/DVD players, video games, cameras, PDAs and/or computers/laptops are not permitted.
- Patients can use facility phones at designated times. Cell phones are maintained with locked patient valuables and available for accessing phone numbers only upon admission.
- Weapons of any kind
- Vapor pipes and oils
- Alcohol, illicit drugs, sedatives, muscle relaxants, energy bars/drinks
- Mouthwash, perfume or other personal care items that contain alcohol
- Magazines or newspapers that contain pornographic or other inappropriate material
- Revealing clothing or clothes with alcohol/sexual/derogatory drug messages or logos
- There is NO need to bring cash. All meals and other necessities are provided to you by Skywood.
- Swimsuits

WHAT TO BRING



SkywoodRecovery.com



FINANCIAL/MEDICAL

- Valid photo ID (government issued ID, driver's license, passport, etc.)
- Insurance subscriber information (name, contact info, Social Security number, date of birth)
- Pharmacy benefit cards/Rx card (if applicable)
- Approved medications in original bottle with patient name, medication name, dosage and frequency. (NOTE: all medications must be approved by a Skywood Recovery medical provider and are maintained by staff. Please fill prescriptions for non-addictive medications prior to admission.)
- Any relevant medical records from current or previous treatments
- Contact information for personal physician, psychiatrist, psychologist, therapist, personal contacts and emergency contacts

CLOTHING/PERSONAL ITEMS

There are distinct seasons in Michigan; please pack with this in mind. See our packing list for suggestions on seasonal clothing. Plan for indoor and outdoor activities.

- Personal hygiene products (including hair dryer and curling iron, if desired; toothbrush, toothpaste, bath soap, lotion, shampoo, conditioner and deodorant (alcohol-free))
- Address book with phone numbers and/or addresses
- If you smoke, bring enough cigarettes for your stay. We do not provide cigarettes, and we do not purchase them for patients. E-cigarettes and smokeless tobacco are also acceptable. Smokeless tobacco will be used in the same manner as regular cigarettes. You may have cigarettes mailed to you (pending postal regulations from your state). All tobacco products must be unopened and in sealed packages in order to be allowed into the treatment environment. Vapor pipes and oils are prohibited.

PACKING LIST

Seven sets of clothes to include:

- 7 pairs of underwear and bra
- 7 pairs of socks (wool and/or warm for October-April)
- 7 pairs of comfortable pants such as jeans
- 7 shirts (T-shirts, polos, button-downs, etc.)
- 3 pairs of exercise shorts or pants
- 3 exercise shirts
- 1 mid-weight insulating jacket (fleece, wool or down)
- 1 heavy jacket, preferably waterproof (October-April)
- 1 winter hat or beanie (October-April)
- 1 pair of warm gloves (October-April)
- 1 pair of exercise shoes
- 1 pair of boots, preferably waterproof
- Sunglasses, sunscreen and sunhats
- Do NOT pack short shorts or skirts, tops that expose the midriff in any position, tops with straps, revealing clothing, clothing that promotes gang themes, clothing with alcohol/derogatory/sexual/drug logos, or clothing that would be deemed offensive.

VALUABLES POLICY

You are encouraged to leave personal valuables at home. We will secure small personal items such as a cell phone and wallet in the business office to be returned to you when you discharge. You may be asked to ship personal items home.