



PACKING LIST

While preparing to join us at St Gregory Recovery Center, the following items are recommended for your stay with us, so please pack accordingly.

Required Documents for Admission:

- **Driver's license or another picture ID**
- **Insurance card(s) or a legible copy of current valid card**
- **Form of payment for your deductible/out of pocket co-pay** for your insurance before or on admission unless other arrangements are made with admissions staff (you may use an HSA /FSA card, debit or credit card or valid check)
- **Form of payment for your Medication Co-pays:** HSA /FSA card, debit or credit card or valid check is required to get medications while at the facility

Safes are provided for valuables for each client individually

Clothing items to pack:

- Outfits for 7 days of wear (ex: 7 pairs of socks, 7 pairs of undergarments, etc.)
- Workout clothing, as clients go to the gym daily
- Pajamas -- at least 2-3 sets that can be washed
- A set of work clothing for community service activities (outdoors, cleaning etc.)
- Jackets as appropriate for the weather, boots, gloves, hat for cold weather
- Swimsuit attire for sauna and going to the local pool (NO see through or skimpy attire)
- Shoes: flip flops for the sauna/pool, tennis shoes for the gym, comfortable shoes for indoor
- Hair dryer or other hair tools are fine (no hair dye is allowed)
- Umbrella or raincoat (not required)
- **Please do not overpack, as space is somewhat limited.**
- **NO clothing with any alcohol or drug related content on them.**

Personal items to pack:

- Shampoo, Conditioner, Soap and/or Body wash, Deodorant, Hand lotion, Make-Up, Hairspray
- Eyeglasses or Readers, Contacts and Contact Solution
- CPAP and accessories (you must bring your own distilled water if needed)
- Avoid bringing perfumes/cologne
- **Only ALCOHOL-FREE MOUTHWASH (any mouthwash with alcohol will be disposed of)**
- **NO HAND SANITIZER allowed (any hand sanitizers will be disposed of)**
- Fan

Laundry items to pack:

- Laundry detergent in POD form please
- Dryer sheets if you want to use them

NOTE:

- (Laundry baskets will be provided)
- You may bring 1 clean blanket and 1 pillow with you but refrain from additional items

Prescription Medications:

- Please bring prescription medications with you that you are supposed to take
- All prescription meds **MUST** be in their original bottles and have your name on them
- **Do Not bring loose pills** or pill boxes full of pills
- **Do Not bring expired medications**
- Controlled medications may be brought only with prior approval from the medical team. This includes narcotics, benzodiazepines, amphetamines (most ADHD meds) and barbiturates.

Over the Counter Medications/Supplements:

NO OPEN BOTTLES OF ANY OVER-THE-COUNTER MEDICATION OR SUPPLEMENTS

- The following over-the-counter meds are supplied during your stay:
 - Acetaminophen, Ibuprofen, Excedrin (or generic), Naproxen, Benadryl, Melatonin, Unisom, Imodium, Tums, Mylanta, Cough drops, stool softeners
- Essential oils: you may bring a very limited number of essential oils in new, unopened original marked bottles.
- All medications are kept in the nursing office

Nicotine products:

- Smoking is allowed in our designated smoking area outside only.
 - This includes cigarettes, cigars, vapes and chewing tobacco
 - Only sealed pre-packaged vape cartridges allowed
 - No liquid vapes or refillable liquid cartridges
- No vaping inside the building
- You must provide your own products. Bring a supply for your duration in services or request Sunday visitors to bring additional products. (Staff will not buy them for you & please do not ask other clients to buy or give you theirs.)

Food and Drinks:

- You may bring your own snacks, food and beverages. They must be UNOPENED and in their original packaging. There is a community refrigerator with personal totes to store cold items.

Electronics:

- **Apple watches and similar smart watches are NOT allowed.** If brought, these will have to be locked up.
- **Devices that play music only are allowed but you must use earbuds or headphones.**
- **A basic device that does not have WIFI/Internet access.**
- **No cameras, no video recorders, no DVD players and no electronic video games are allowed.**

Weapons:

- **NO WEAPONS OF ANY KIND ALLOWED ON THE PREMISES**
- No knives, no pocket knives, no guns, no brass knuckles, no explosives etc.

Other prohibited items:

- No alcohol or drugs of any kind
- No incense, no candles or other burnable items
- No pornography of any kind
- No drug or alcohol related content i.e., books, magazines, T-shirts etc.

DRESS CODE POLICY

St Gregory Recovery strives to achieve a recovery environment that is free of distractions and irritations. We want all clients to feel comfortable during their time in treatment. In an effort to maintain this, we require all clients to dress appropriately for programming and comply with facility regulations on attire. Shirts, pants/shorts, and shoes must be worn at all times on the premises, including walks outside and the gym. Appropriate night wear must remain on during sleeping time (no sleeping nude).

The following attire is prohibited:

- **Any clothing that exposes midriff** (crop tops, bandeaus, tube tops, etc.)
- **Any clothing that exposes undergarments** such as bras, underwear, boxers, etc.
- **Shorts that do not cover all of the rear end**
- **Shear material**
- **Any clothing that references, insinuates, or promotes inappropriate materials through words or images** (e.g., drugs, tobacco, alcohol, violence, gangs, profanity, illegal activities).

****We reserve the right as a facility and staff to ask you to change your attire or dress at any time.***

Where To Call Once My Loved One Is Admitted

The number to call once your loved one is admitted to St. Gregory Recovery Center: please call 888-778-5833 then press 2 for other and then press 2 to leave a message for your loved one. These messages are checked throughout the day and evening and any messages are passed along to your loved one. If you have questions regarding your loved one's treatment, please direct those questions to your loved one and they can coordinate that with you and their counselor if your loved one chooses. We cannot acknowledge the specifics of their treatment here, as those who answer the phones are not your loved one's counselor/therapist or medical provider. HIPAA also prevents staff from discussing the treatment of our clients without their permission.

The admissions office number is a crisis line and should only be utilized for such purposes. Once your loved one is admitted, we cannot discuss them or their treatment with anyone. Also, due to HIPAA guidelines and regulations, the admissions office cannot pass along messages nor discuss your loved one's treatment, or any aspect of their care once admitted.

In the event there is a major emergency that impacts your loved one, you may call the admissions office if you are unable to contact your loved one by any other means. Please be aware that you must be on your loved one's approved release of information list as well, or we will be unable to acknowledge they are here.

Call 888-778-5833, then press 2 for other and then press 2 to leave a message for a client

Keep this paper for yourself as a reference when needing to call your loved one after they have admitted.

Sincerely,

St. Gregory Recovery Center Admissions Department