



**Welcome to St. Gregory Recovery Center!** The following is a general list of items we recommend clients bring to make their stay more comfortable, along with helpful information. Please note that all prohibited or suggested items may not be listed here. Please discuss items of concern with your counselor or an admissions professional prior to arrival.

### Required for Admission:

- ✓ Driver's license or picture ID
- ✓ Insurance card(s) or a legible copy of current valid card
- ✓ Form of payment for your deductible/out-of-pocket co-pay (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 a valid check is required to get medications.

#### Please note:

The Admissions Department will attempt to collect payments to cover any out of pocket/deductible expenses prior to admitting into services. This process allows you to enter into the program and reduces stress for clients. If pre-payment isn't possible, clients should bring a payment method upon arrival. Accepted payment options include major credit cards, debit cards, HSA/FSA cards, and personal checks.

If payment is not collected prior to admission, an admission coordinator will follow-up upon your arrival to obtain signatures and payment where applicable.

### 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 offsite pool (NO see through or skimpy attire)
- ✓ Shoes: flip flops for the sauna/pool, tennis shoes for the gym, comfortable shoes for indoors.
- ✓ Hair dryer or other hair tools are fine (no hair dye is allowed)
- ✗ No clothing with any alcohol or drug related content on them.

**Please do not overpack, as space is somewhat limited.**

### Personal Items to Pack:

- ✓ Shampoo, Conditioner, Soap or Body wash, Deodorant, Hand lotion, make-up, hairspray
- ✓ Eyeglasses or Readers, Contacts and Contact Solution
- ✓ CPAP and accessories (must bring your own distilled water if needed)
- ✗ Avoid bringing perfumes/cologne
- ✗ Only ALCOHOL-FREE MOUTHWASH (if brought with alcohol will be disposed of) NO HAND SANITIZER allowed (if brought will be disposed of)

### Laundry Items: (Laundry baskets are provided)

- ✓ Laundry detergent in POD form please
- ✓ Dryer sheets if you want to use them
- ✓ 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 MEDS OR SUPPLEMENTS**
- ▲ Essential oils: you may bring a very limited number of essential oils in new, unopened original marked bottles.

**The following over-the-counter meds are supplied here:** Acetaminophen, Ibuprofen, Excedrin (or generic), Naproxen, Benadryl, Melatonin, Unisom, Imodium, Tums, Mylanta, cough drops, stool softeners.

All meds are kept in the nursing office.

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## Nicotine Products:

- ▲ Smoking is allowed in our designated smoking area outside only. This includes cigarettes, cigars, vapes, and chewing tobacco.
- ▲ All Nicotine products must be in their sealed packaging when arriving, and if brought to you on visitation day.
- ▲ 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)
- ✓ An umbrella and/or raincoat is suggested as smoking area is not sheltered

**Note:** There will be scheduled breaks for use of nicotine products.

## Food & Drinks:

- ▲ You may bring your own snacks, food, and beverages. They must be UNOPENED and in their original packaging.

### **Note:**

- There is a community refrigerator with personal totes to store cold items.
- Vending machines on premises

## 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 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.
- ▲ Cell phones and/or laptops can be brought in to use during designated time frames twice weekly. Items will be stored in a locked area when not in use.

## Prohibited Items:

- ✘ **NO WEAPONS OF ANY KIND ALLOWED ON THE PREMISES**
- ✘ No knives of any kind, no guns, or weapons of any kind.
- ✘ 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 ie; books, magazines, t-shirts etc.

