



CLIENT PACKING LIST

WHAT TO BRING AND WHAT NOT TO BRING

All personal items are searched by security upon arrival, as will be all incoming packages clients receive during their stay. If you bring your own vehicle it is also subject to search and you will not have access to it for the duration of your stay. If you have any questions about the list or restricted items, please contact our admissions team to discuss.

Medical Information:

- Insurance information: A copy of your Insurance card or/and Medicaid information for verification.
 - Please bring your prescription card if it is different than your medical insurance.
- Driver's license or other state or federal ID.
- Contact information for your health care providers
- A 30-day supply of prescription medication.
 - Make sure your prescription medication is in the original pharmacy bottle with the information label intact. Any liquid medications must be new and sealed. You should also bring a list of all your medications and dosages. *All medications will be placed in a restricted area and dispensed to you during designated medicine distribution times.*

Payment for Services and Other Possible Funding Needs:

- Prior to the admission process, any co-payment amount, deductible, or other charge agreed upon with the BRH Financial Counselor must be paid by means of an FSA/HSA, Debit, or Preloaded Debit Card; personal or cashier checks. Cash payment for co-pays are not allowed.
- Clients have the opportunity once each week to purchase tobacco, stamps, and personal toiletries. Cards and cash are the only acceptable payment for these goods.

Personal Belongings:

- **Maximum of ONE suitcase and ONE purse/backpack.**
 - Any additional luggage/belongings will not be allowed and cannot be stored at our facilities.
- Clothing for 1 week; comfortable, wash and wear
 - We provide washers/dryers, detergent, please do not over pack.
 - All clothing must cover midsection/stomach completely and have an appropriate neckline for female residents, including one-piece bathing suit for women, no exceptions.
- Exercise clothing & exercise shoes
- Comfortable shoes (you may want to include warm slippers for winter and sandals for summer)
- Appropriate sleepwear (you will be in shared rooms)
- Sweaters/jackets for fall/spring, heavy jackets for winter, a light jacket or sweatshirt for summer.
- Summer wear: knee-length shorts, T-shirts, hat, sunscreen SPF 15 or higher
- Toiletries: toothbrush, toothpaste, shampoo/conditioner, deodorant, hair dryer, body wash, unscented lotion, shaving supplies
 - **No** products that contain alcohol in the first three ingredients. **No** aerosols or products in glass bottles. **No** scented lotions, body sprays, axe deodorant, perfumes. **No** tanning oils, other self-tanning products, hair dye, bleaching products, etc.

BEAR RIVER HEALTH CLIENT PACKING LIST

We recommend that you bring your own supplies but will have an opportunity once a week to purchase limited supplies of toiletries, stamps, and tobacco.

Recommended Items:

- Reusable cup or water bottle
- Travel alarm clock
- Small hobby items (books, sketchbooks, coloring books/materials, unscented markers, etc.)
- Stamps and envelopes (Do not forget your list of names, addresses, and phone numbers for anyone you may want to write or contact)
- Pictures of loved ones to keep in your room or wallet
- Unopened and sealed packs of cigarettes and/or chewing tobacco. (The use of vapes is not allowed.)
- Individually wrapped hard candies

What Not to Bring:

We recommend you do not bring valuables with you. Small personal valuables will be securely stored and returned to you when you are discharged, and you will not have access to them during your stay. This includes mobile (cell) phones, car keys, cash/credit cards, expensive jewelry, etc. Other items that are strictly forbidden on campus:

- ➔ **ABSOLUTELY NO BEDDING/LINENS OF ANY KIND**, and no stuffed animals. All bedding is provided. This includes, but is not limited to, sheets, blankets, pillows, throws, towels, etc.
- ➔ **No** outside food or beverages
- ➔ **No** computers, tablets, or personal electronics (you will have access to Bear River Health's phone and computers/tablets during supervised times for calling, video conferencing, and emailing loved ones)
- ➔ **No** products that contain alcohol in the first three ingredients will be allowed, including mouthwash or other personal products
- ➔ **No** aerosols
- ➔ **No** scented products
- ➔ **No** glass bottles or containers
- ➔ **No** vapes
- ➔ **No** expensive jewelry or excessive cash
- ➔ **No** scented markers
- ➔ **No** personal workout equipment unless pre-approved
- ➔ **No** drug paraphernalia
- ➔ **No** weapons or contraband items - including firearms, explosives, knives, other weapons that might be considered dangerous or that could cause harm