



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. *Please note: You will be separated from your luggage for 24 hours upon arrival. 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.*

Medical Information:

- Insurance information: A copy of your Insurance card or/and Medicaid information for verification. Please also 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.
- Medications: Please bring a list of all your medications and dosages. Be sure to bring a 30-day supply of each of your prescription medications in the original pharmacy bottles with the information label intact. Any liquid medications, as well as any over the counter medicines (Tylenol, ibuprofen, vitamins, etc.) must be new and unopened. *All medications should then be placed in a zip lock bag for easy access. All medications will be placed in a restricted area with prescription medicines dispensed to you during designated medicine distribution times.* Over the counter medications will be given at the discretion of BRH providers.

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.** *(Pack as though you are traveling on an airplane.)*
 - 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, 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, lotion, shaving supplies, shower shoes.
 - **No** products that contain alcohol in the first three ingredients. **No** aerosols or products in glass bottles. **No** nail polish. **No** body sprays or perfumes. **No** tanning oils, other self-tanning products, hair dye, bleaching products, etc.

BEAR RIVER HEALTH CLIENT PACKING LIST

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
- Unopened and sealed packs of cigarettes and/or chewing tobacco. (The use of vapes is not allowed.)
- Individually wrapped hard candies

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

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** nail polish
- ➔ **No** glass bottles or containers
- ➔ **No** vapes
- ➔ **No** expensive jewelry or excessive cash
- ➔ **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

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