

What to Bring to Substance Abuse Residential Treatment

- List of all current medications
 - Alcohol free Toiletries
 - Calling card/pre-paid for long distance
 - Photos of friends & family**
 - Favorite pillow**
 - Personal CD player/radio w/headphones (not for use on campus) **
 - Workout clothes
 - Musical instruments**
 - Casual clothing
 - Art supplies**
 - Writing supplies (journals, stationary, stamps)**
 - Reading materials**
 - Sweatshirt/Lightweight jacket
 - Clothes basket and hangers
 - Spending Money for outings and personal items
- **Optional

What Not To Bring To Treatment

- Cell phone (Cell phone may be brought for access to phone numbers but not personal use)
- Weapons of any kind
- Hand sanitizer/mouthwash that contains Ethyl alcohol
- Non-prescribed medications (including samples)
- Aerosol sprays of any type
- Personal computers or equipment
- Any electronic device that has internet access (including via wifi connectivity)
- Musical instrument amplifiers
- Pets
- Pornographic books & magazines, including Maxim
- DVD players
- Video games
- Alcohol/drugs
- Cameras
- Excessive jewelry/cash/credit cards
- Inappropriate clothing (tank/sleeveless tops, navel-revealing, references to drugs/alcohol, skin-tight, low-riding)

Provided By UAB Addiction Recovery

- Towels
- Bed linens
- Washer/Dryer
- Telephone (You may make free local calls when time allows)
- Microwave
- Meals and snacks
- Television/DVD player
- Wii