



What to Bring to Treatment (Men and Women)

The following is a list of suggestions, not requirements. Clients who bring only some clothes and toiletries will still have all of their needs met while at Adams Recovery Center. We also have assistance available for clients who do not have access to any possessions.

Please bring all of your items in trash bags. We do not allow suitcases or bags in our facility. All your belongings will be searched, and clothes will be run through the washer and dryer. To expedite the process, please label your belongings ahead of time. Also, please note that your belongings will have to fit into the storage area by your bed, so please be mindful of the number of items you bring.

If anything is brought to our facility that is not allowed, we will ask that a family member take it back home. If you have any questions about the list, please call us at 513-575-0968 "Press 2".

Necessities

- Insurance card and photo ID
- Clothing — shirts, pants/shorts, sweatshirts, pajamas, undergarments, socks, etc.
 - We recommend packing as if you were going on a week-long trip. We provide free access to laundry machines, so you will be able to wash your clothes regularly.
 - Please bring seasonally appropriate clothing. You may experience seasonal changes and fluctuating temperatures, but you will be able to swap out clothing while in treatment if necessary.
- A jacket
- Shoes — No high heels or slippers permitted
- Hygiene products — must be alcohol-free
 - Shampoo/conditioner/body wash/loofah/shower shoes (flip-flops) You may bring a plastic shower caddy—no closed toiletry bags
 - Toothbrush and toothpaste/mouthwash (ALCOHOL-FREE)
 - Deodorant
 - Hairbrush
 - Tampons/pads (Women)
 - Nail clippers/nail file
 - Razors (must be new)
 - Lotion
 - Sunscreen
- Towels
- Prescribed medication (labeled in correct bottle) and OTC medication (must be new and unopened)
- If you smoke: Cigarettes (New/unopened packs) and lighters
 - You are allowed 12 cigarettes a day at ARC. 5 packs of cigarettes will get you through one week.
 - Tobacco with rolling papers, chewing tobacco, and vapes are NOT permitted.

Note: ARC provides all meals for clients. Vending machine money is optional and not necessary for treatment or daily needs. ARC also has an online store you can order from for your snacks and soda.



Optional

- Clear plastic water bottle (A water cooler is located in the facility.)
- \$10 in singles or quarters for vending machine
- Alarm clock
- Makeup
- Hair dryer/curling iron/straightener
- Jewelry (Please be aware that we are not responsible for anything that is lost or stolen)
- iPod/MP3 player and headphones (Cannot have a camera, internet capabilities, or recording capabilities)
- Stamps/envelopes
- Pictures (without frame)
- Art supplies (Basics such as markers, glue, colored pencils, crayons, etc.)
- Books - Can be coloring books, casual reads, magazines, AA/NA books, The Bible, etc. and the subject matter must be appropriate.

Not Permitted

- **Pillows/blankets/sheets**
- **Cell phones**
- **Bags/suitcases/purses/backpacks**
- **Laptop/iPad/tablets**
- **Automobiles**
- **Animals, includes live and stuffed**
- **Candles/incense/oils**
- **Body spray/perfume/cologne**
- **Aerosol sprays**
- **Musical instruments**
- **Weapons**
- **Energy drinks**
- **E-cigarettes, chewing tobacco or rolled cigarettes**
- **Scissors**
- **Paint**
- **Soft chewy candy (Sour Patch Kids, Skittles, Starburst, etc.)**

Additional Items

Clients who need additional or re-stock of items (cigarettes and toiletries) may receive drop-offs on **Saturday from 1-3p.m.** Drop-offs on days other than Saturday **MUST** be approved by staff ahead of time. Special accommodations can be discussed for clients whose support system lives far from the facility. Please discuss your situation with our staff so we can best meet your needs!