



What to Bring - RTC

NOTE: You may only bring up to two bags with you. Recommended one medium and one small suitcase.

- Any currently prescribed medications in original bottles. Vitamins, herbs, OTC medications, and supplements must arrive in sealed containers and may be used only at the discretion of the medical department. Please pack all medications, vitamins, and supplements together in a separate plastic or paper bag and be prepared to surrender these immediately to staff upon entering the facility at admission. Please examine all of your belongings before packing and make sure there are no loose pills in pockets of clothing or in the bottom of toilet kits, backpacks, etc.
- Laundry facilities are on site and laundry will be done for residents by Reflections Staff. We suggest comfortable, wash-and-wear, casual clothing. Layers are suitable for the rapidly changing temperatures in the Bay Area throughout the year. Sweaters and jackets are recommended. Nights are typically cool, even in the heat of summer.
- Appropriate attire is casual and in good taste. Clothing that depicts or advertises alcohol, drugs, sex, violence, gambling (or any other clothing deemed inappropriate by staff) is not allowed.
- Workout clothing and swim trunks.
- Comfortable walking shoes, flat-soled shoes or athletic sneakers; boots or sturdy heeled shoes for some activities.
- Personal hygiene items, such as toothpaste, deodorant, and hair products, in quantities sufficient for your anticipated length of stay. (All must be ALCOHOL free)
- Health Insurance Card, driver's license or other I.D
- Credit Card – To keep on file for ancillary charges (medications, and other medical fees that may be provided outside of Reflections)
- Pharmacy Card – if your Health Insurance Card does not include a “BIN” number, we will need a pharmacy card or access to your “BIN” number to order your medications. Please be prepared to provide this information at admission.

REFLECTIONS

- Reading material related to recovery, therapy, personal growth, or spirituality. Novels, magazines, and other reading materials are okay, provided the subject matter is appropriate, tasteful, un-offensive, non-pornographic, and does not conflict with goals of treatment.
- Laptop computers and cellular phones are welcome.

Please do NOT bring the following –

- Cameras, video recording or playback devices, video game consoles or hand-held gaming devices.
(Cell phones and laptops okay)
- Aerosol products or products containing alcohol – hair products, hand sanitizer, mouthwash, cologne, aftershave, herbal tinctures. Most of these products are available in non-aerosol, alcohol-free form.
- unmarked containers, bags, or envelopes. All of these will be confiscated and destroyed.
- Straight razors, pocket knives, weapons of any kind.
- Illegal substances of any kind.
- Electronic cigarettes are not permitted

Optional –

- Cash, credit cards, ATM cards, check book. All client rooms are equipped with a personal safe.
- Cigarettes or other tobacco products, if you use tobacco and do not intend to quit during your course of treatment
- Musical instruments are okay, provided they are played at times and in locations which are not disruptive to the program or other residents.