

## What to Bring to Treatment at New Freedom

\*Only 2 bags/medium-size suitcases total of clothing and personal belongings allowed.  
 We have limited space for storage.

### ALLOWED

<p><b>Clothing</b></p> <ul style="list-style-type: none"> <li>● Clothing should be appropriate for current weather and cannot display negative slogans or emblems endorsing bars, alcohol, drugs or gambling.</li> <li>● Please bring 5-7 days worth of the following articles of clothing:</li> <li>● Pants/Jeans/Belt/Shorts/Shirts</li> <li>● Sweatshirts/ Jacket/Pajamas</li> <li>● Shoes (casual, tennis, slippers with backs, or shower shoes)</li> </ul> <p><b>Please Note:</b></p> <ul style="list-style-type: none"> <li>● Pants with holes in inappropriate areas are not permitted; also, no "wife-beaters"</li> </ul> <p><b>Laundry</b></p> <ul style="list-style-type: none"> <li>● Washers/dryers available and powder soap is supplied.</li> <li>● Bring your own: laundry basket and, if desired, fabric softener sheets</li> </ul> <p><b>Snacks and Beverages Allowed</b></p> <ul style="list-style-type: none"> <li>● Crackers, cookies, chips, etc. in unopened, resealable packages. Small amount allowed at a time ie.plastic grocery bag</li> <li>● 1-24 pack or 2-12 packs beverages (pop, water or tea) at a time</li> </ul>	<p><b>Personal Items Allowed</b></p> <ul style="list-style-type: none"> <li>● Body/Facial wash/Soap</li> <li>● Shampoo/Conditioner</li> <li>● Toothbrush/Toothpaste</li> <li>● Deodorant</li> <li>● Razor/Shaving Cream</li> <li>● Fingernail Clippers</li> <li>● Hair Clippers (Personal use only)</li> <li>● Cell Phone (sexting or pornography will cause loss of phone for 1-2 weeks)</li> <li>● Hair Products not containing alcohol</li> </ul> <p><b>Medications</b></p> <ul style="list-style-type: none"> <li>● Copy of current health insurance card</li> <li>● 30-day supply of meds in original bottle w/ Dr., Pharmacy, Medication Type, Proper Dosing, Date Filled,# of Refills</li> <li>● Bring <b>approved</b> OTC medication (Tylenol, Ibuprofen) that you use on a regular basis in new, unopened packages</li> <li>● Monies to cover co-pays for prescription medication</li> <li>● No Vicks/Nasal Inhalers</li> <li>● No Eye drops (unless prescription)</li> </ul> <p><b>Miscellaneous Items Allowed</b></p> <ul style="list-style-type: none"> <li>● Personal tobacco items such as E-Cigarettes, unopened cigarettes and chewing tobacco</li> <li>● Small amount of money as desired</li> </ul> <p><b>Allowed if kept in front office</b></p> <ul style="list-style-type: none"> <li>● Lighter fluid</li> <li>● Box cutters for work</li> <li>● WD-40/aerosol products</li> </ul>
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## NOT ALLOWED

<p><b>Personal Items Not Allowed</b></p> <ul style="list-style-type: none"><li>● Mouthwash with alcohol</li><li>● Perfume with alcohol</li><li>● Alcohol wipes/Hand sanitizer</li><li>● Air fresheners, Candles</li><li>● Essential oils and diffusers</li><li>● Cleaners/bleach</li><li>● Knick knacks</li></ul> <p><b>Food items Not Allowed</b></p> <ul style="list-style-type: none"><li>● Energy or protein drinks or powders</li><li>● Mio energy or smaller</li><li>● Canned/ microwavable food such as Ramen/mac &amp; cheese, soups</li><li>● Refrigerated/frozen food</li><li>● Fast food</li><li>● Home-cooked foods</li></ul>	<p><b>Misc. Not Allowed</b></p> <ul style="list-style-type: none"><li>● Pornography of any type</li><li>● Pets</li><li>● Pillows/Blankets/Stuffed animals</li><li>● Weapons-knives/blades/tasers, etc.</li><li>● No more than one cell phone</li><li>● Electronics, including but not limited to Ipods/Ipads/Laptops/Tablets/Cameras/ Smartwatches</li><li>● Musical instruments (need counselor approval)</li><li>● Tools</li><li>● Skateboards//Rollerblades</li><li>● No bikes or vehicles unless in Phase II and able to work (Approved by Counselor only)</li></ul>
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**For questions or clarification before coming to treatment,  
please call our main number  
at 763-220-5483.**