



WHAT SHOULD I BRING TO GOSNOLD TREATMENT CENTER?

- ◆ Identification and insurance cards
- ◆ Only 1 carry on sized bag
- ◆ Cash, not in excess of \$50.00
- ◆ If you smoke, bring enough cigarettes to last one week
- ◆ Enough appropriate clothing for one week. Clothing should be comfortable, casual and washable. We have laundry facilities if your treatment stay is longer.
- ◆ Prescribed medications in the original container from the pharmacy
- ◆ Two cosmetic makeup products. All other toiletries will be provided upon admission.

PROHIBITED ITEMS:

- ◆ No electronic devices: computers, cell phones, iPods, iPads, etc.
- ◆ Gosnold will provide a toiletry kit upon admission that includes: shampoo, conditioner, body wash, toothbrush, toothpaste, razor, shaving cream, soap and a comb.
- ◆ No curling irons or hair straighteners.
- ◆ No personal snacks, drinks or candy.
- ◆ Non-prescription medication (Tylenol, Advil).
- ◆ Vitamins, herbal medicine or protein powders.
- ◆ Products containing alcohol (mouthwash, perfume, perfumed lotions).
- ◆ Smokeless (chewing) tobacco.
- ◆ Clothing that depicts drugs, alcohol, sex or violence.
- ◆ Toiletries (provided for you) and cosmetics (only two products allowed).
- ◆ Weapons of any kind (including pocket knives).