



#### WHAT TO BRING TO GOSNOLD AT CATAUMET:

- Identification and insurance cards
- Cash, not in excess of \$100.00
- If you smoke, bring enough cigarettes to last you your stay.
- One suitcase with enough appropriate clothing to last your stay. 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
- Phone cards
- Toiletries (must be in the original packaging)
- Cellphones and other electronic devices are permitted at the discretion of the facility.

#### PROHIBITED ITEMS:

- 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.
- Toothpaste, body wash, deodorant, soap, shampoo, conditioner, shaving cream- this all will be provided in the toiletry kit received upon admission.
- Clothing that depicts drugs, alcohol, sex or violence.
- Weapons of any kind (including pocket knives).