



Tranquility Woods

## What To Bring To Treatment List 2020

### **\*\*PLEASE PACK AN OVERNIGHT BAG WITH CLOTHES AND HYGIENE PRODUCTS**

*(Note: your luggage will be searched by overnight staff and given to you the next morning so you will need to pack a bag with anything you will need for the first two days of your stay- clothing for night and next day & hygiene products)*

## Required Items

- Current State Issued ID** (for all Guarantors on the contract)
- All Health Insurance Card(s) /Pharmacy Card(s)**
- Major Credit Card for Pharmacy Co-Pays & Non-Addiction Related Doctors Appointments**
- Gift Card for Incidental Purchases** (Note: A Gift Card Must Be Used ~ Clients Will Not Have Access to Credit Cards or Cash. Purchases May Include Products at Recovery Store, Souvenirs/"Extras" During Recreation Outings, etc.) Some Clients Opt to Bring a \$100 Gift Card.
- Blank Check** (Note: To be used if necessary for an offsite psychiatrist.)
- All Current Medications w/ Refills for 30 Days** (Note: Please Ask Pharmacy to Fill in "Blister Packs.")
- Names, Addresses and Phone Numbers for Current Doctors and Mental Health Professionals**
- Names, Addresses and Phone Numbers of Family and Friends that you may wish to communicate with**
- Discharge Paperwork from Hospitals/Other Treatment Programs**
- Signed Pre-Intake Financial Form (Note: This Is Provided by Treatment Consultant Arranging Intake.)**
- Payment due on contract, if applicable**

*(Please place all of the above items in a separate envelope or bag for easy access upon arrival)*

- If Needed, Feminine Hygiene Products**  
*(Note: Must Be New – Unopened/Sealed – Packages.)*
- If Needed, Incontinence Products**  
*(Note: Must Be New – Unopened/Sealed – Packages.)*
- 30-Day Supply of Unopened Vitamins, Supplements, & Over-the-Counter Medications**
- If Diabetic, a Glucose Monitoring Machine, Lancets, & Strips**
- While We Encourage All to Live a Healthy Lifestyle & Not Smoke, If You Are Going to Opt to Smoke While in Treatment, Please Bring an Unopened 30-Day Supply Of Cigarettes. (if you are a smoker I would suggest 1-3 cartons) Everyone's Supply Will Be Locked Up & Secured by Staff.**  
*(Note: Cigarettes Are Not Available at Center or May Not Be Shared Amongst Clients.)*



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### Recommended Items

- Casual Clothing (5-7 Days Worth)**
- Socks, T-Shirts, Jeans**
- Yoga/Workout Clothes**
- Tennis Shoes**
- Flip Flops**
- Bathing Suit & Beach Towel (Note: Ladies, Only One Pieces ~ No Exceptions!)**
- Pajamas and Slippers/House-shoes**
- Toothbrush/Toothpaste/Mouthwash (Note: Mouthwash Must be Alcohol Free.)**
- Shampoo/Conditioner**  
(Note: First Three Ingredients Cannot be Alcohol, and Clear Bottles Preferred.)
- If You Wish To Bring In Any Snacks/Drinks, However, They Must Fit In An 11.5" X 9.25" X 6" H Box.** (Note: While We Provide Delicious, Gourmet Food & Snacks, We Allow Drinks & Non-Refrigerated Food That Can All Fit In a Personal Storage Bin. There Is Not a Vending Machine at Center.)
- Unopened Soap/Body Wash/Lotion**
- Sunscreen**
- Deodorant**
- Face Wash/Cream**
- Hair Brush/Comb**
- Eyeglasses and/or Contacts/Contact Fluid**  
(Note: Contact Fluid Must be in Unopened Container.)
- Stamps/writing paper and envelopes**
- MP3 Player w/o Internet Access/Wi-Fi, Camera, Video, and/or Texting Capability**
- Earbuds/Earphones**



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### Items Not Permitted

- Alcohol or Drugs
- Any product that has Alcohol as One of the First Three Ingredients, i.e. Hairspray, Shampoo, Conditioner
- Energy Drinks/Energy Shots
- Weapons
- Hair Dye
- Chewing Tobacco/Dip
- “Vape” Products
- Bleach, Ammonia, or Other Cleaning Supplies
- Condoms
- Personal Cameras or Recording Devices
- Revealing Clothing
- Clothing w/ Designs or Wording that Glorifies Alcohol, Drugs, Violence, Profanity, or Obscenity
- Pillows and/or stuffed animals
- Blankets (New or Used)
- Water Bottles

*\* If ever a client needs more of any of the required/recommended items, loved ones are welcome to mail “care packages,” bring to Family Education Day/Family Sessions, or drop off w/ prior notice. All items must be given directly to staff, as they search & inventory all items, and then provided to the client. If you have any questions regarding this list, please feel free to call (410) 360-6600 or contact anyone assisting with your intake. Please note that we do not have regular outings to the salon for hair and nail services. Please complete these appointments prior to entering treatment.*

#### **Our Website**

[www.Tranquilitywoods.com](http://www.Tranquilitywoods.com)

#### **Email Contact Information**

[Mike@tranquilitywoods.com](mailto:Mike@tranquilitywoods.com)

[Timz@tranquilitywoods.com](mailto:Timz@tranquilitywoods.com)

#### **Our Address**

171-A Ryan Road Pasadena Maryland 21122

#### **Phone Numbers**

Main Number: 410-360-6600

Admissions: 410-442-6638



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