

**Lakeside-Milam Recovery Centers
Kirkland Campus**

WHAT TO BRING TO TREATMENT

1. Enough clothing for approximately one week. We provide laundry facilities, laundry soap, iron, and ironing board. Bring pants/jeans/slacks, comfortable clothing that you would wear around the home or in public, jacket/coat, robe, slippers, nightgown/pajamas, sweatshirts, clothing suitable for recreation. Please bring a face covering if you have one; if not, we will provide one.
2. Toiletries: hair dryer, curling iron, razor, etc., shampoo, conditioner, toothbrush, toothpaste. We provide liquid soap.
3. Watch and/or non-radio alarm clock.
4. Letter writing materials and stamps.
5. Any prescription medications you are currently taking. They will be assessed by our physician and yours. Any individual medications that are prescribed beyond detox will be the financial responsibility of the individual. The cost of these medications will be taken out of the patient account.
6. Cash for soda machines, cigarettes, and personal medications. Patients are allowed to have \$10 on their person. Any extra funds are kept in a secure patient cash account until withdrawn.
7. ID and insurance card with prescription benefit information.

OPTIONAL

1. Your own pillow, bedspread/comforter.
2. Desk pictures.
3. Cigarettes and matches or lighter if you smoke. Zyn nicotine pouches and nicotine patches are also allowed.
4. Yoga mat if you would like to participate in optional yoga sessions.
5. Creativity supplies for journaling through art projects.
6. The below-listed over-the-counter medications only have been approved for use while in treatment, and patients may bring sealed containers of them if they wish. Simple formulations only, i.e. no added caffeine, etc. and nothing containing dextromethorphan or diphenhydramine. No Emergen-C or Airborne.
 - a. Mucinex (600 ER)
 - b. Ibuprofen (200 mg)
 - c. Tylenol (325 mg)
 - d. Sudogest (Sudafed PE)

DO NOT BRING

1. iPods, mp3 players, or other electronic devices except as specified above.
2. Musical instruments.
3. E-cigarettes or “vapes,” cigars, cigarillos, little cigars, and similar smoking products.
4. Chewing tobacco.
5. Food, candy, gum or over the counter medications except as specified above.
6. Bar or alcohol related t-shirts, heavy metal/rock t-shirts, tank tops, lewd or sexually inappropriate clothing, and shorts that are shorter than mid-thigh length.
7. Expensive or excessive jewelry or clothing. LMRC will not be responsible for the loss of expensive jewelry or clothing such as leather jackets.
8. Bar soap.
9. Personal reading material, books, or magazines.