

La Hacienda Treatment Center

Checklist for Items to bring for your treatment stay

Pack enough for 7-10 days. Bring clothing appropriate to the season. Laundry facilities and laundry soap are on site and available at no charge. This is a general list only. La Hacienda reserves the right to confiscate, destroy, or store inappropriate items.

PROHIBITED ITEMS (DO NOT BRING TO TREATMENT):

- ❌ Cellular phones, computers, PDA's, cameras, tape recorders, televisions, pagers, etc.
- ❌ Expensive jewelry or large amounts of money
- ❌ Electronic items with video capability (PSP, Wide IPOD, etc...)
- ❌ Any music playback equipment to include iPods, MP3, and CD players
- ❌ Any video tapes or DVDs
- ❌ Inappropriate clothing – no two piece swim suits/Speedos, no see through, seductive or revealing clothing ; spaghetti straps to be worn only as undergarments, shorts should be no shorter than a 4" inseam
- ❌ Items with SD, propyl, methyl or ethyl alcohol in high concentration where those alcohols are listed the first 2 ingredients in a product (i.e. fingernail polish remover is prohibited)
- ❌ Alcohol based mouthwash
- ❌ Razor blades (disposable safety razors allowed)
- ❌ Over the counter medications
- ❌ Non-prescription vitamins, herbs, or supplements
- ❌ Any mood altering substance or paraphernalia
- ❌ Weapons (firearms, ammunition, knives, mace, etc...),
- ❌ Scissors (other than for grooming)
- ❌ Flammable items (such as, candles, incense, lighter fluid, etc)
- ❌ Irons
- ❌ Pornographic, inflammatory, or violent literature or depictions including emblems, decorations, or quotations on clothing that alludes to sex, violence, Satanism, drug or alcohol use
- ❌ No more than 3 books/magazines to read (must be appropriate for treatment, i.e. no pornographic materials, etc.)
- ❌ Any sports equipment
- ❌ Any food or beverage (no food or beverages other than water are allowed in patient rooms, patients are provided appropriate dietary needs during treatment which includes snacks)

ITEMS TO BRING:

- ✓ No more than 2 pieces of luggage
- ✓ All prescription medications (**do not bring** over the counter medications, herbs, supplements or non-prescription vitamins)
- ✓ Personal hygiene articles including bath soap, deodorant, shampoo, disposable safety razors, toothpaste, toothbrush and feminine hygiene products.
- ✓ Blow dryer, curling iron
- ✓ Casual clothes, walking shoes or tennis shoes, socks, sweats (please refer to inappropriate clothing section on prohibited list)
- ✓ Jacket, sweatshirt or heavy sweater
- ✓ Bathrobe, slippers, and pajamas
- ✓ Sprint phone cards for long distance phone calls (phone cards are available for purchase at La Hacienda)
- ✓ Cigarettes
- ✓ \$50 spending money for coke machines, stamps, etc.
- ✓ Dress clothes for religious services (optional)
- ✓ Pillow (optional)
- ✓ Watch or alarm clock (optional)
- ✓ Personal address book, stationery and stamps (optional)