

WHAT TO BRING

Medications:

Please keep all medications in the original prescription bottles/bubble packs. Our nurse will need to check them in upon admission. Additionally, please bring any paper prescriptions that may have been given to you upon discharge from another facility.

Identification and Insurance Card:

We will need to make copies of these upon admission.

Clothing:

ILC does not have a specific dress code policy, but we recommend that you dress comfortably and in seasonally appropriate outfits. There is a washer and dryer in each of the residences and laundry detergent is provided.

*Casual clothing (t-shirts, pants or shorts, layers)
Sneakers/comfortable shoes
Socks, undergarments, pajamas
Jacket/Coat
Activewear for yoga and recreational activities*

Toiletries:

Shampoo, soap, toothbrush, toothpaste, contact lens solutions/cases, glasses, etc. Please ensure that if you bring mouthwash that it is alcohol free.

Technology:

Cell phones, laptops, iPod, iPad, etc. ARE permissible in our facility, unless the clinical team determines them to be a barrier to your recovery. We have Wi-Fi access in all of our houses. Don't forget your chargers!

Spending Money:

There are occasions where a client will have the opportunity to shop for personal items or go on weekend outings. We encourage you to bring prepaid Visa/MC gift cards in lieu of cash. Clients are also responsible for paying for their own medications.

Personal Effects:

Many clients like to bring their own pillows, photographs, or other items that will help them feel at home. We welcome and encourage you to pack anything that will assist in your recovery.

WHAT NOT TO BRING

- Drugs or Alcohol
- Clothing with profanity/alcohol or drug paraphenalia graphics
- Cash in large denominations
- Laundry detergent
- Sheets/linens/towels