

The Bridges of Hope

Residential Recovery Center

- Check or cash for first month program fee
- Combination lock for securing personal items in locker
- 3 - 4 Pair work pants & shorts with belt loops / 3 - 4 casual shirts / 2 - 3 collared shirts
- Belt, work shoes, tennis shoes, shower shoes
- Personal hygiene items (toothbrush, razors, deodorant, soap, etc.)
- 5 - 6 pair underwear and socks
- Reading material limited to AA, NA, Hazeldon, (Recovery or Spiritually based only)
- Money to purchase store items (cigarettes, candy, etc.) May bring cigarettes/tobacco
- Prescription meds - must bring 30-day supply. All meds must have prior approval and be in original prescription containers
- Supplemental meds – (Vitamins, Tylenol, Motrin, aspirin, etc.) Note: All meds must be in new factory-sealed containers. No previously opened containers allowed. All meds must be free of mood-altering ingredients to include “Night-time” or “PM” types
- Absolutely no opened containers (toiletries, food, etc.)
- Envelopes, paper, and stamps
- Linens – towels, washcloths, twin sheets, pillow, blanket (linens provided if needed)
- Monthly donation or pro-rated donation amount
- Addresses for probation, parole, court, attorney, etc. Residents are responsible for all outside contact information. No personal phone calls will be made on residents' behalf
- NO PROTEIN-BASED SUPPLEMENTS, SHAKES, POWER BARS, or DRINKS!
- NO CELL PHONES, IPODS, NO ELECTRONIC DEVICES - *WHATSOEVER!*

Additional recommended items:

Wristwatch, Insect repellent, Alarm clock (without radio), small personal fan for bed, Travel type soap dish, folding camping chair