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, works 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