

## What To Bring To Lifeskills South Florida

### Apparel:

- Seasonally appropriate casual wear (no more than 10-12 outfits)
- Outdoor wear (plan according to seasonal changes)
- Undergarments, sleepwear, and robe, socks/hose
- Casual shoes/dress shoes/tennis shoes (limit pairs)
- Workout wear (non-revealing and loose fitting)
- Conservative one-piece bathing suit
- Appropriate interview/work/worship attire
- 2-3 pairs of dress slacks
- Dress shirts/neckties
- 2-3 skirts or dresses
- Blouses

*Note: Please limit luggage to 2 standard size suitcases.*

### Toiletries:

- Soap
- Lotion
- Toothbrush/toothpaste
- Non-alcohol-based mouthwash
- Hair dryer/curling iron
- Shampoo/conditioner
- Shaving cream/razors (stored in tech office)

### Towels and Bed Linens:

You may bring your own, but the following will be provided to you:

- 1 full size sheet set (including pillowcase)
- 2 bath towels/2 hand towels/2 washcloths
- 1 beach towel

*Note: Items not returned at discharge will be charged against the security deposit.*

### Medication:

- Only 3 days of prescription medication is necessary – ask the pharmacist to supply a partial fill on prescriptions; asking for a complete fill could cause problems in filling prescriptions upon admission

### Money/Credit Cards/Checkbooks:

- Don't bring large purses or bags – please bring wristlets instead

- Credit card and checkbooks will be placed in the safe for use as necessary
- Cash will be deposited into the patient's trust account
- Requests for allowance amounts over \$100 must be sent via gift card

*Note: For convenience, they can be purchased at [www.simongiftcard.com](http://www.simongiftcard.com) or by calling 1-866-300-9401 or [www.americanexpress.com](http://www.americanexpress.com). The cards are mailed directly to your loved one.*

### **Optional Items:**

- Musical instruments
- Family pictures
- Umbrella
- Raincoat
- Reading materials
- Bible
- Kindles/Nooks are ok if they don't have 3G; simple readers are ok
- iPod (nothing with Wi-Fi capability)/personal CD player with headphones

### **Items to Leave at Home:**

- Computers
- Cell phones
- PlayStation/Nintendo/Xbox
- Handheld video games
- Pornographic materials including magazines
- Chewing tobacco
- Any drug/alcohol paraphernalia
- Jeans with holes
- Midriff tops
- Tank tops/spaghetti strap tops
- Any media or other material promoting violence, sex, offensive language, or alcohol/drug use
- Excessive luggage or clothing (2 standard sized suitcase maximum)
- Hair dye/bleaches
- Playing cards
- Short shorts and skirts (all must be fingertip length when standing)
- Bikinis/speedos
- Tight-fitting clothes
- Alcohol, drug, or occult slogan t-shirts – recovery-oriented is ok
- Excessively high heels

### **Any alcohol-based items including:**

- Mouthwash
- Cough syrup
- Perfume/cologne
- Hair gels/hairsprays
- Over the counter medicines including aspirin, cold remedies, nasal sprays, non-prescriptions allergy medicines, herbal supplements, vitamins, weigh-control items, diuretic pills, appetite suppressants, laxatives

**Cell phones:**

- Cell phones aren't permitted at Lifeskills. Clients should write down important contact names and phone numbers from cell phones prior to arrival.