



# NEW HAVEN RESIDENTIAL TREATMENT CENTER

## THE ESSENTIALS – WHAT TO BRING

### WHAT TO BRING – CLOTHING SPACE IS LIMITED, PLEASE BRING ONLY ITEMS ON LIST (ADDITIONAL ITEMS WILL BE SENT HOME)

- |                          |                                     |                                            |
|--------------------------|-------------------------------------|--------------------------------------------|
| <input type="checkbox"/> | Pants or shorts                     | 5 pair                                     |
| <input type="checkbox"/> | Shirts/Blouses                      | 10                                         |
| <input type="checkbox"/> | Underwear / Bras (no thong panties) | 10 pair                                    |
| <input type="checkbox"/> | Pajamas                             | 2 sets                                     |
| <input type="checkbox"/> | Bathrobe (optional)                 | One                                        |
| <input type="checkbox"/> | Nice Dress / Skirt                  | 1 - 2                                      |
| <input type="checkbox"/> | Jackets / Coats                     | 2 - 3                                      |
| <input type="checkbox"/> | Socks                               | 12 pair (including some for P.E.)          |
| <input type="checkbox"/> | Swimsuit (one-piece)                | One                                        |
| <input type="checkbox"/> | Dress Shoes                         | One pair                                   |
| <input type="checkbox"/> | Work Shoes / Boots                  | One pair                                   |
| <input type="checkbox"/> | Sandals                             | One pair                                   |
| <input type="checkbox"/> | Sweatshirt / Sweatpants             | 3                                          |
| <input type="checkbox"/> | P.E. Shorts or Pants                | 3-4 (no spandex, must be fingertip length) |
| <input type="checkbox"/> | Running / work-out Shoes            | One Pair (not converse or skating shoes)   |
| <input type="checkbox"/> | T-shirts for P.E.                   | 5 (no tank tops)                           |
| <input type="checkbox"/> | Sports Bras                         | 5                                          |

### WHAT TO BRING – REQUIRED PERSONAL ITEMS

- |                          |                                  |            |
|--------------------------|----------------------------------|------------|
| <input type="checkbox"/> | Towel(s)                         | 1 - 2      |
| <input type="checkbox"/> | Electric Razor                   | One        |
| <input type="checkbox"/> | Toothbrush                       | One        |
| <input type="checkbox"/> | Personal Journal                 | One        |
| <input type="checkbox"/> | Deodorant                        | One        |
| <input type="checkbox"/> | Shampoo / Conditioner            | One bottle |
| <input type="checkbox"/> | Brush / Comb                     | One each   |
| <input type="checkbox"/> | Flash Drive for School           | One        |
| <input type="checkbox"/> | Comforter / sheet set (optional) | One        |

### WHAT NOT TO BRING THE FOLLOWING ITEMS ARE NOT ALLOWED AND WILL BE CONFISCATED AND SENT HOME

- |                                            |                |                  |
|--------------------------------------------|----------------|------------------|
| Glass (such as in picture frames)          | Aerosol Sprays | Knives           |
| Nitrisoxide propellant (such as in mousse) | Cigarettes     | Lighters/Matches |
| Fluoride Wash/mouthwash                    | Pornography    | Straight razors  |
| Personal Radios/CD's/CD Players/Walkmans   |                |                  |

