

What to Bring

A credit card authorization to be held on file for any incidental charges.

Your driver's license, passport or photo ID.

A list of all your medications and dosages. Please bring a 7-day supply. While in treatment, authorized medications will be distributed from a local pharmacy.

The names, addresses, and phone numbers of health care professionals, referents, family members and anyone else you would like to have involved in your treatment.

A maximum of \$100-\$200 to use during your stay.

A Calling Card to make long distance calls at designated times.

Comfortable clothing to last two weeks. Laundry is available on a scheduled basis.

Sleepwear.

Shoes for everyday use and for exercise. Light weight hiking boots and comfortable socks. Winter guest (October to May) will need boots for the snow.

Workout attire, including gym attire.

Shoes, shirts and appropriate undergarments are required at all times. No tank tops, sleeveless tops.

Sunglasses and a hat for sun protection.

Clothing that can be layered for warmth. A light jacket or sweatshirt is often comfortable in the evenings, even during the summer. Winter visits require warm hats, gloves and outerwear.

Personal toiletries, including shampoo and conditioner, hairspray, mouthwash, body lotion and sunscreen. All toiletries must be alcohol free.

Hair dryer.

iPods and MP3 players are allowed with some use restrictions.

If you smoke you must bring sealed and packaged cartons. Smoking is allowed only in designated outdoor areas.

What Not to Bring

Drug or alcohol identity clothing. (Including hats)

Items exceeding \$500 in value. 7W Lodge is not liable for the loss or damage of any money, jewelry, documents, or any other articles of unusual value. We do provide a safe in our office for storing small valuables.

Laptops, DVD players, iPods with video capability.

To protect the privacy of all of our guest, no cameras are allowed.

We will be happy to store your cell phone, pager and/or PDA during your stay. These items will not be available to you until discharge.

Toiletries that contain alcohol, including but not limited to:

- Hair sprays
- Perfumes, aftershaves and cologne
- Nail polish remover, nail glue
- Hair color chemicals
- Aerosol containers

Clove cigarettes or lighter butane, cannot be stored on the premises.

Musical instruments.

Sporting equipment.

Absolutely no weapons of any kind.