



VALLEY SPRING RECOVERY CENTER

WHAT TO PACK

Limit luggage to one carry-on suitcase and an overnight bag. Bring five to seven days' worth of casual clothing; this restriction is due to limited closet space and is not indicative of length of stay. Laundering services are provided free of charge and dry-cleaning services are available upon request for an additional charge.

CLOTHING

- Shirts (e.g., t-shirts, polos, button-down shirts, sweaters, hoodies, cardigans, etc.)
 - * *Tank tops, spaghetti straps and strapless shirts must be worn under shirts.*
- Full-length casual pants (e.g., jeans, khakis, cargo pants, sweatpants, etc.)
 - * *Pants with rips, tears, or holes will not be permitted.*
 - * *Belts should be worn when appropriate.*
 - * *Athletic shorts are only permitted during recreational activities and should not be worn as daily dress attire.*
- Exercise clothing (e.g., knee-length shorts, warmup suits, sweatshirts, sweatpants)
 - * *Yoga pants and leggings may only be worn with a long shirt.*
- Shoes
 - * *Footwear should be comfortable, practical and rubber soled. We do not recommend high heels. Sneakers are ideal for recreation and exercise activities.*
- Swim attire for pool and sauna amenities
 - * *Male: Swim trunks of mid-thigh length or longer, with liner.*
 - * *Female: One-piece bathing suit, that is fully intact and covering.*
 - * *Flip flops and/or sandals (permitted only during these designated times).*
- Jacket or other seasonal/weather appropriate outerwear
- Sunglasses (for outdoor use only)
- Pajamas and robe
- Socks and undergarments

(855) 924-5320

830 Broadway, Norwood, NJ, 07648

www.valleyspringrecovery.com



VALLEY SPRING

ADDITIONAL PERSONAL ITEMS

- Toiletries including shampoo, conditioner, soap, toothbrush and toothpaste.
 - * All products must be sealed.
 - * Products containing alcohol (e.g., perfume, mouthwash, nail polish remover, hair spray) are not permitted.
 - * All products, including lotions and soaps, must be unscented.
 - * Aerosol products are prohibited.

- Wristwatch and alarm clock (without a radio).
 - * Smart watches or fitness trackers are not permitted.

- Journal
- Phone numbers for family emergencies.

- Small backpack or tote
- Sunscreen lotion (no self-tanners).

- CPAP or sleep apnea machine, if needed.
- Copy of advance directive/living will.

- Calling cards for international calls, if needed.
- Picture ID, insurance card and prescription card.

- Contact information for physicians, family members and others involved in your care.
- Shaving kit or razor with plastic handle/casing if desired.

VALLEY SPRING STAFF

The Valley Spring staff will have the final ruling on appropriateness of all clothing.

- All patients are prohibited from sharing personal items, such as clothing, jewelry, cosmetics, personal hygiene products, etc

- Patients are prohibited from wearing any clothing that draws undue, negative attention. This includes, but not limited to:
 - * Provocative dress attire.
 - * Clothing that displays non-recovery-oriented sayings, titles or symbols (e.g. beer/alcohol brands, marijuana plants, etc.)

- All clothing must fit appropriately.
 - * "Skintight" clothing or excessively "saggy pants" worn below the waist will not be permitted.

VALUABLES POLICY:

You are encouraged to leave personal valuables at home. We will secure small personal items such as a cell phone and wallet in the business office to be returned to you when you discharge. You may be asked to ship personal items home.



VALLEY SPRING



RESTRICTED ITEMS

- Alcohol, drugs, contraband of any kind.
- Personal products containing alcohol.
- Aerosol products.
- Unsealed products, including personal hygiene and tobacco products.
- Non-approved tobacco products.
- Electronics.
- Craft and hobby supplies/items.
- Personal bedding, pillows and linens.
- No outside food or drinks.
- Sex toys and/or pornography.
- Guns, knives, scissors or any item that can be used as a weapon.

Exceptions to this list will be clinically driven and must be pre-approved prior to admission.

(855) 924-5320

830 Broadway, Norwood, NJ, 07648

www.valleyspringsrecovery.com