

What to Bring to Treatment at Project Turnabout

Clothing*

Clothing should be in good taste, appropriate for current weather, and display NO negative slogans, emblems of any mood altering chemicals, or gambling/sports related clothing. Hats, head coverings, and bandanas are not to be worn inside the building.

- ☐ Casual pants (5-7)
- ☐ Casual tops (5-7)
- ☐ Sweatshirt, long sleeve shirt or light jacket
- ☐ Undergarments (7-9 as needed)
- ☐ Comfortable clothes for physical fitness
- ☐ Appropriate sleeping garments
- ☐ Shoes (casual and tennis - slippers if desired)

**Items of Note*

- T-shirts, sweat pants and comfortable clothing are encouraged.
- No spandex pants. Leggings are allowed *only* if covered by a long shirt (mid-thigh length).
- Pants with holes are allowed, however, holes must be no more than two inches above the knee. • Short/skirt length needs to be no shorter than two inches above knees.
- Clothing needs to cover shoulders, belly and chest. • Clothing that is revealing or with words related to use of mood-altering chemicals are inappropriate, and you will be asked to change.
- Physical Fitness: T-shirts (no tank tops) and longer shorts (within the two-inch rule) or sweats are recommended.

Personal Care Products

- ☐ Shampoo/Conditioner
- ☐ Body Wash/Soap
- ☐ Facial Wash
- ☐ Hair Products (Gel/Spray)
- ☐ Tooth Brush
- ☐ Tooth Paste
- ☐ Deodorant
- ☐ Razor
- ☐ Shaving Creme
- ☐ Feminine Hygiene Products
- ☐ Hair tools with automatic shut-off

Miscellaneous Items

- ☐ Small amount of money, as desired. Large quantities are encouraged to be securely stored for safety and are accessible as needed.
- ☐ Quarters for carbonated beverages.
- ☐ Personal tobacco items as desired, Vapes & E-Cigarettes - not allowed on campus & will be destroyed.
- ☐ **Phone calling card for personal use.

Healthcare Items

- ☐ Copy of current health insurance card.
- ☐ 30-day supply of medications in original bottle displaying:
 - ☐ Prescribing Doctor ☐ Pharmacy Name ☐ Medication Type ☐ Proper Dosing ☐ Date Filled ☐ Number of Refills ☐ Over-the-counter medication must be in original unopened packaging.
- Please bring with if you take OTC medication on a regular basis.
- ☐ Monies to cover co-pays for prescription medication. ☐ Diabetic testing supplies, COPD - nebulizer as prescribed.

****Items of Note**

- Laundry washers, dryers, and soap are available for your use free of charge.
- Please bring your own fabric softer/dryer sheets.

Items NOT to Bring

- No electronic equipment, including but not limited to the following:
 - Cell Phones • Ipods/Ipads • Laptops • Cameras
- No mouthwash with alcohol.
- No personal reading materials.
- No hobby items (ex: knitting, puzzle, books, needlecraft).
- No food, snacks, beverages, pop or candy.
- No pets.
- No new or used pillows, blankets or stuffed animals.
- Towels or wash clothes.
- Picture frames with glass.
- Vapes & E-cigarettes (Will be destroyed)
- Protein/Workout Supplements
- Open OTC medications (they will be discarded)

****Phone cards are available to purchase on campus for \$10 - Carrier Service Fee of 20% deducted after each call / Maintenance Fee of 79¢ twice per month / 3 min rounding / Expires 90 days after first use.**

If you choose to bring your own ensure it is compatible with a landline phone. Suggested websites are speedypin.com & callingcardplus.com

We look forward to meeting you!

If you have any questions or concerns before you get here, please feel free to contact us at 1-800-862-1453 or via email at admissions@projectturnabout.org.



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