



admission@projectturnabout.org

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WHAT TO BRING TO TREATMENT

CLOTHING

- | | |
|--|---|
| <input type="checkbox"/> 5-7 casual pants | <input type="checkbox"/> Shoes (casual + tennis; slippers optional) |
| <input type="checkbox"/> 5-7 casual tops | <input type="checkbox"/> T-shirts/sweatpants encouraged |
| <input type="checkbox"/> 1 sweatshirt/long sleeve/light jacket | <input type="checkbox"/> No spandex (leggings only if covered mid-thigh) |
| <input type="checkbox"/> 7-9 undergarments | <input type="checkbox"/> Shorts/skirts (max 2 inches above knee) |
| <input type="checkbox"/> Comfortable fitness clothes | <input type="checkbox"/> Must cover shoulders, belly, chest |
| <input type="checkbox"/> Appropriate sleepwear | <input type="checkbox"/> No logos/slogans promoting alcohol, drugs, or gambling |

PERSONAL CARE

- ☐ Shampoo/Conditioner
- ☐ Soap/Body wash
- ☐ Toothbrush + Toothpaste
- ☐ Deodorant
- ☐ Razor + Shaving cream
- ☐ Hair products/tools (auto shut-off only)
- ☐ Feminine hygiene products

HEALTHCARE

- ☐ Current health insurance card (copy)
- ☐ OTC meds (in unopened packaging)
- ☐ Money for prescription co-pays
- ☐ Diabetic/COPD supplies (if prescribed)
- ☐ 30-day supply of meds in original bottle with:
Doctor name | Pharmacy name | Medication type + dosing | Fill date + refills

MISCELLANEOUS

- | | |
|--|--|
| <input type="checkbox"/> Small amount of money | <input type="checkbox"/> Personal tobacco |
| <input type="checkbox"/> Quarters for soda machine | (no vapes/e-cigarettes – destroyed on arrival) |

ITEMS NOT ALLOWED

- | | |
|---|--|
| <input type="checkbox"/> Electronics (phones, laptops, tablets, cameras, iPods) | <input type="checkbox"/> Electronics |
| <input type="checkbox"/> Mouthwash with alcohol | <input type="checkbox"/> Towels/washcloths (we provide) |
| <input type="checkbox"/> Reading materials (books, magazines, etc.) | <input type="checkbox"/> Picture frames with glass |
| <input type="checkbox"/> Hobby items (knitting, puzzles, crafts) | <input type="checkbox"/> Vapes/e-cigarettes |
| <input type="checkbox"/> Food/snacks/beverages/candy | <input type="checkbox"/> Protein/workout supplements |
| <input type="checkbox"/> Pets | <input type="checkbox"/> Open OTC meds (will be discarded) |
| <input type="checkbox"/> Pillows, blankets, stuffed animals | <input type="checkbox"/> Hats, hoodies, bandanas, head coverings indoors (winter stocking hats allowed outside only) |