



What to Bring on Your Journey

Congratulations on taking the first step to a better life. Acqua Recovery will provide you with a sanctuary of healing and a team of caring staff to help you renew, rediscover, reconnect, and recover. We want you to feel comfortable on your journey, so here is a recommended list of items you should bring and items best left at home.





***One suitcase limit in addition to a small duffel bag or backpack**

PLEASE BRING:

- A list of phone numbers for family, friends, healthcare professionals, sponsors etc.
- All medications you are currently taking in the labeled bottle from the pharmacy (no samples)
- All insurance cards – including medical, prescription, and dental cards. The cost of medications is not included in the program. These will be kept in a safe until needed.
- Must bring CC or money for personal purchases.
- Stamps and envelopes if you want to send mail while in treatment.
- Pictures of loved ones.
- Jewelry you wear everyday, such as a wedding ring or watch. Leave any expensive jewelry at home.
- A week's worth of clothing. Make sure it is comfortable and appropriate (no crop tops!). Make sure it's weather-appropriate as well.
- Seasonal clothing:

Fall / Winter: snow pants, snow boots, warm coats, hats, scarves and gloves

Spring / Summer: shorts (knee length), hiking boots, sleeveless or short sleeve tops and sandals

- Workout clothes for exercise/ outdoor activities
- MP3 device (must have no wifi, internet connection, photography or video capabilities.)
- Bathing suit that's not too revealing. (Bring a one piece to be on the safe side.)
- Shoes: tennis shoes, sandals, and everyday comfortable shoes
- Hat and sunglasses
- Socks/undergarments
- Pajamas/slippers
- Sunscreen
- A few books. Reading and entertainment materials will be provided, but if you have a few you'd like to read in downtime, then bring them.
- Thirty days' worth of any alcohol-free toiletries.
- Thirty days worth of cigarettes if desired.



BEST TO LEAVE AT HOME:

- Illegal substances, alcohol, and weapons. These will be disposed of upon arrival. (This should be obvious!)
- Sharp objects such as scissors, razors, nail clippers etc. These will be kept by the clinical staff until you would like to “check them out” to use.
- Unapproved or previously opened over the counter medications.
- No outside food.
- Any toiletry items that contain alcohol, such as: mouthwash, perfumes, some hair styling products.
- Candles/incense
- Revealing clothing or clothing related to drug or alcohol use.
- Electronics. Any electronics will be kept in a safe while you are in treatment (MP3 device with no wifi, internet connection, photography or video capabilities is OK.)
- Aerosols



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Call 866.830.4628

