

WALKER CENTER POLICIES AND PROCEDURES

SUBJECT: Items Permitted in Residential Treatment

POLICY NO: 11-3

DEPARTMENT: ADMISSIONS

EFFECTIVE DATE: 05/09

POLICY: To provide those seeking admissions into residential treatment a list of what to bring to treatment.

What to bring to treatment:

- Personal pillow for comfort; personal bedspread or comforter if you desire
- 7 days of casual clothing, including pajamas and a sweater or jacket
- Colder seasons: coat, stocking cap, gloves, warm socks, sweatshirts, long underwear, warm boots
- Comfortable walking shoes for exercise
- Long-distance calling cards
- Specific laundry detergent if desired. Laundry facility is available at no charge, with soap and fabric softener available.
- Pre-filled prescriptions
- All current medications with full pharmacy label intact. Over-the-counter, liquid medications, Aspirin/Advil type medication, antacids, etc. must be unopened. No samples of prescriptions are allowed. Multi-vitamins must be new and sealed.
- Personal insurance, ID, and contact information; contacts may include telephone numbers of an emergency contact, primary care provider or doctor, and attorney
- Personal grooming items, electric or disposable razors, shaving cream, etc. Not all personal care items are permitted because many can be potentially used as a substance. For example, mouthwash and some toothpaste are not permitted because of high alcohol content.
- Co-payments for prescription medications - cash or credit card
- Alarm clock
- Nicotine patches or lozenges (no gum) if you are trying to quit smoking

Sorry, we are unable to cash checks. Please bring enough cash to pay for any medications you may need or your co-payment on medications. All money must be locked in safe. You can put money on your account for miscellaneous purchases such as Walker Center merchandise or incidentals.

What not to bring:

- Alcohol or drugs
- Sample medications
- Pornography
- Weapons of any kind (including pocket knives)
- Stuffed animals
- Electronic equipment
- Excessive makeup, clothing, jewelry
- Musical device with recorder
- Mouthwash containing alcohol
- Food or drink of any kind
- Any personal care products containing alcohol
- Aerosol sprays

- Laptops and other internet-capable devices (including wrist bands)
- Cell phones
- Smart watches
- Jewelry or valuables
- Bleach, ammonia, or other cleaning supplies
- Permanent markers
- Cards, games
- Rolled tobacco, cigars, cigarillos, pipes, vapes, or electronic cigarettes
- Herbal products
- Books or magazines
- Gel pens and/or coloring books

Valuables can be locked up, but it is best if you leave valuables, such as extra credit cards or jewelry, at home.

Clothing restrictions:

- No tank tops or halter tops
- No shirts that show midriff (with arms up, skin, underarms, and underwear should not be visible)
- No “short” shorts; shorts must be no higher than 2 inches above the knees
- No writing on t-shirts or ball caps related to drugs, alcohol, bars, gambling, or other inappropriate wording