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## WHAT TO BRING

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- Personal Identification
- Medications currently being taken in original container
- Pajamas
- Essential undergarments
- Pack about 2 weeks of clothes. Comfortable clothing including physical activity attire for beach walks, Yoga, and physical activity groups.
- Bathing Suit (one piece bathing suit for women, men swim shorts mid-thigh or longer length)
- Sweaters, cardigans, or sweatshirts (it is Florida but air conditioning in all indoors can make it chilly)
- Your preferred sun block
- Sneakers, Flip Flops, comfortable walking shoes (no heels). Remember this is a Florida beach lifestyle
- Toiletries: soap, deodorant (non-aerosol), toothbrush, toothpaste, alcohol free mouth wash, feminine products, brush/comb, hair dryer, hair flattener/curler, hair products, shaving items, feminine products, lotions
- A credit card to be used for supplemental medications, accidentals and outside medical costs
- We provide an internet portal where families are able to deposit money into client account
- Music players are allowed (not on a phone), usage is limited
- Nutritional supplements MUST be approved by Medical Staff and Registered Dietitian prior to admission; if approved must be in original unopened packaging
- Stationery, envelopes, stamps
- Written list of important phone numbers you will need
- No more than two suitcases (remember airlines all have individualized weight limits)

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## WHAT NOT TO BRING

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- Over the counter medication (i.e. Tylenol, Advil, Aleve)
- Laxatives, diet pills, diuretics (all nutritional supplements must be medically cleared)
- Alcohol
- Laptop (computer access is available during designated times after the first 72 hrs upon entering treatment)
- Food, gum, mints, beverages of any kind (liquid or powder)
- Any attire with explicit photos or messages, revealing clothing that shows midriff, low-cut tops, tube tops, shorts that are shorter than mid-thigh, two piece bathing suits for women
- Scissors
- Exercise equipment (bands/weights, ie.)
- Fashion magazines/Explicit reading material