

Arms Acres: What To Pack For Your Stay

For your convenience, please use this checklist as you prepare for your stay at our facility.

Please bring only items identified on the list below. All other property will be placed in storage until you are discharged.
Laundry facilities are available for your use.

Upon Admission, All Clients are Expected to Bring:

- Up to \$40 in Cash, Traveler's Checks or Money Orders for Incidentals (vending machines). No personal checks.
- Insurance Card and Claim Form (if required)
- Photo Identification
- Social Security Card
- Prescription Card
- MMTP Card (if applicable)

2 BAG LIMIT PER PATIENT

Clothing

- 4 Shirts / Blouses (no inappropriate logos / language)
- 4 Pairs Jeans/Pants/Skirts in Combination
- 4 Changes Underwear
- Bras (females)
- 4 Pairs Socks
- 1 Pair Pajamas
- 1 Robe
- 1 Pair Slippers
- 1 Sweater / Sweat Shirt
- 1 Outerwear Set (coat/jacket, gloves, outdoor hat, boots, Winter)
- 1 Pair Comfortable Walking Shoes

Exercise Gear

- 1 Pair Sneakers
- 1 Pairs Shorts
- 1 Sweat Suit
- 1 Swim Suit (one piece for women, trunks for men)
- 1 Pair Flip Flops (for pool area only)

Toiletries / Other

- 1 Container Shampoo (sealed/unopened)
- 1 Non-Aerosol Deodorant (sealed/unopened)
- Brush/ Comb
- Blow Dryer
- Face and Body Soap (sealed/unopened)
- Notebook, Stationary, Stamps, Pens
- Appropriate Books, Novels, Puzzle Books (no pornographic materials, no magazines)
- Recovery Literature
- Pre-Paid Phone Cards - Adults Only
- Electric Razor (disposable razors provided by facility)
- School Books/ Homework Assignments
- Family Photos - Unframed

Medical

- Written List of Medications or Empty Pill Bottles
- Prescription Medications in Original Containers
- MMTP Info (if applicable)
- COVID Vaccine Card (if applicable)

Cell Phones

You may use your cell phone up through the time of your arrival to the facility.

Its use is not permitted during your treatment stay and we will safely store it while you are with us and return it when you leave. Taking pictures is prohibited (electronic or otherwise).

Reminders

Patients are not permitted to wear their own personal masks, surgical masks will be provided by the agency.

Things to Leave at Home

- Mesh or See-Through Clothing
- Low Cut/ Tight-Fitting Clothing
- Pants, Jeans or Skirts with Holes or Patches
- Uniforms or Scrub Suits
- Graphic T-Shirts of Alcohol, Drugs, Sex, Violence
- Games, Cards, Posters, Sexually Explicit Pictures, Dice, Etc.
- Toiletries Containing Alcohol (Perfume, Mouthwash, Cologne, Aftershave, Hand Sanitizer)
- Pillows, Blankets, Quilts, Stuffed Animals, Afghans
- Anything That Could Be Used as a Weapon Will Be Confiscated
- Any Opened Container (including toiletries and opened makeup)
- Anything Valuable (Designer Clothing, Jewelry, Items of Personal Value)
- Electronic or Music Equipment (Beepers, smart watches, computers, tablets, all other electronic devices)
- Sharp Objects (Scissors, Knives, Knitting Needles, Electric Hair Clippers, Nail Files, Pencil Sharpeners Including Cosmetic Pencil Sharpeners)
- Over the Counter Medications (Including Vitamins, Ointments, Protein Powder or Personal Latex Gloves)
- Q-Tips, Cotton Balls
- White or Loose Powder, Including Make Up Powder
- Bleach
- Shoe Polish
- Lighter Fluid
- Aerosol Cans
- Unopened Contact Lense Solution
- Food or Drinks of Any Kind
- Bath Salts
- Sewing Kits
- TikTok/Peach Lyft Leggings
- Laundry Detergent (facility provides)