

Packing List

Personal Items

- Photo identification card (i.e. driver's license, passport, etc.)
- Health insurance card(s) and other relevant documentation
- Medical information including, but not limited to, prescriptions (bottles should have complete label intact) and a list of known allergies
- Alcohol-free toiletries including, but not limited to, shampoo, conditioner, toothbrush, toothpaste, body wash and/or soap, deodorant, feminine care products, comb and/or hairbrush, hairdryer, and shaving items (electric razor only)
- Spending money for personal needs as well as money for medical expenses (we recommend \$50 for personal expenditures and \$50 for medical needs. Clients are not permitted to keep more than \$20 on them at any time, and all out of pocket expenses are to be paid by the client)
- Mailing envelopes and postage stamps (BTG provides clients with paper and writing instruments)
- List of contact numbers for family and/or friends (clients do not have access to their cell phones)

Clothing

- One week's supply of seasonally appropriate, comfortable clothing and 3 sets of gym wear (laundry supplies and facilities are provided)
- At least one pair of athletic shoes and one pair of casual shoes (sandals are restricted during certain times)
- Seasonally appropriate outerwear
- A swimsuit and sunblock for summer months (conservative one-piece for women and mid-thigh shorts for men)

Things You Must Leave Behind

- Alcohol or illicit substances, including items containing alcohol including, but not limited to, mouthwash, perfume and/or cologne, and aftershave
- Sugar or caffeine
- Firearms or any kind of weapon
- Aerosols
- Chewing tobacco products
- Cameras or video recorders
- Laptops or other computer equipment
- Sharp objects of any kind including, but not limited to, sewing needles and scissors (will be permitted when regulated by the residential staff)
- Food, snacks, gum, mints, or beverages of any kind
- Nonprescription (over-the-counter) medication such as Advil or Tylenol
- Music CDs or R-rated videos or media
- Revealing or suggestive clothing; tattered, torn, or unwashed clothing; low-cut blouses; spandex or tightfitting clothing; drug or alcohol branded apparel; cutoff pants or shirts; mesh or see-through shirts; short shorts or skirts (shorter than mid-thigh); muscle shirts or revealing tank tops; halter or bare midriff tops; sleeveless t-shirts; concert or music t-shirts
- Sports equipment such as ab-roller or weights
- Sexually explicit materials
- Expensive jewelry of any kind (BTG assumes no liability for lost, misplaced, or stolen items or items left behind after discharge)

Restricted Items (only permitted at certain times)

- Electronic cigarettes (disposable models only)
- iPods or other portable music devices (only at approved times for Phase II, Phase III, and Phase IV clients)
- Razor blades of any kind including disposable razors
- Any chemical liquids such as nail polish or nail polish remover