

BRIDGING THE GAPS, INC

ITEMS TO BRING TO TREATMENT

BTG respectfully requests that incoming clients read this list carefully and follow these guidelines when preparing for their stay with us. To maintain safety for all of our clients, bag checks will be conducted upon arrival. Any prohibited items will be confiscated and kept in a secure location for the duration of the client's treatment. Illicit substances or unapproved medications, food, and other perishable items will be disposed of properly.

Please contact our admissions director with any questions. We look forward to welcoming you to Bridging the Gaps!

CONTACT INFO:

Bridging the Gaps, Inc.
31 South Braddock Street
Winchester, VA 22601
(540) 535-1111
admissions@bridgingthegaps.com

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 hair brush, 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 in Phase I)

CLOTHING

- One week's supply of seasonally appropriate, comfortable clothing, 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 as well as occasional indoor gym pool (conservative one-piece for women and mid-thigh shorts for men)

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ITEMS TO LEAVE AT HOME

RESTRICTED ITEMS (ONLY PERMITTED AT CERTAIN TIMES):

- iPods or other portable music devices
- Razor blades of any kind
- Any chemical liquids such as nail polish or nail polish remover

Note: Additional items may be deemed inappropriate by staff during the course of treatment

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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
- Candles
- E-Cigarettes, Vapes, and Juuls
- 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 (most OTC meds are provided)
- 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 or other items of value (BTG assumes no liability for lost, misplaced, or stolen items or items left behind after discharge)