

Preparing to check into a rehab facility can be stressful and overwhelming. Our team has created a simple, downloadable packing list to ensure that your transition to Serenity Light Recovery — however long you'll be with us — is as seamless as possible. This easy-to-read list has space for you to mark off items as you pack them. If you have questions about what is and isn't allowed, please feel free to reach out to us.

What you should bring (and what is permitted) to SLR:

No more than two weeks' worth of weather-appropriate clothing (sweatshirts, pants, shirts, jeans, pajamas, etc.). Due to space limitations, we request that you do not bring more clothing than you will actually need during your time with us.

Personal hygiene items (must be sealed)

Thirty days of any prescription medication (note: if the medication is not prescribed to you and in a prescription bottle, it will be discarded upon admission)

Sneakers

Workout clothing

Cigarettes (if you are a smoker)

Preloaded disposable vape/Blue e-cigarettes (no refillable e-cigarettes allowed)

Alarm clock with no radio

Musical instruments (check with staff prior to bringing; no hard cases allowed)

Money for vending machine (please do not bring more than \$250)

Credit/debit cards (we are not responsible for loss of cards or money)

Calling cards for telephone (these are also available in Serenity's gift shop)

Blow dryer, straightener, curling iron (if desired)

Electric razor (if desired)

The following items are prohibited at SLR and will be confiscated:

- Unsealed personal hygiene products
- Aerosol cans (including hair spray, air freshener, etc.)
- Acetone or acetone products
- Cosmetics with alcohol as an included ingredient

- Alcohol of any kind
- Balloons
- Bleach
- Cell phones or other electronics (iPods, iPads, laptops, MP3 players, etc.)
- Cigarette papers, pre-rolled cigarettes, chewing or loose tobacco, cigars
- Clothing or wardrobe items with drug/alcohol or triggered logos and insignias
- Vape liquid (e-cigarettes will be considered upon approval)
- Dental picks (with sharp objects attached)
- Electronics (no ipods/ipads of any type, mp3 players, cell phones)
- Flower arrangements (except those delivered by a florist to the SLR campus or from the fresh flower garden)
- Food or drink of any kind
- Glass of any kind
- Home-perm solutions for hair (this will be considered upon approval)
- Hand sanitizer (we will provide this)
- Herbal supplements
- Lighters/matches
- Laundry detergent or fabric softener (if there is an allergy, this can be approved by medical staff)
- Mailing supplies/envelopes (stamps can be purchased at the gift shop)
- Over-the-counter medications (including allergy medications; all must be approved by nurse/medical)
- Personal bedding of any type (must be approved by Serenity staff)
- Nail polish (must be acetone free)
- Pornography of any kind (no magazines, toys, pictures, or videos)
- Loose powders of any kind (pressed powders must be sealed)
- Personal sewing kits
- Disposable razors
- Needles of any kind
- Cotton balls
- Radios (these will be provided for you)

- Rubbing alcohol
- Weapons
- Tampons (can be purchased in gift shop)
- Q-tips
- WiFi accessible or recordable devices (old school MP3 players allowed)