



Packing for Treatment

You've reached a fork in the road, and you chose the path towards wellness. This decision marks a significant step in your journey towards better health and a brighter future. As you prepare for your stay at Beach House, knowing what to pack is the next item on your list. To help you get started, this guide provides a comprehensive packing list to ensure you have everything you need for a comfortable and successful stay. Embrace this moment of preparation as a positive step towards your healing and recovery.



What to Bring

Personal Items

- One form of Photo Identification
- Medical & Prescription Insurance Cards
If applicable
- All Prescription Medications
Must be in original, labeled bottles or containers

Toiletries

- Soap, shampoo & conditioner
- Toothbrush & toothpaste
Be conscious of items with high contents of alcohol, often in certain mouthwashes
- Deodorant, shaving cream & razor
- Sunscreen
Lotion only, not the spray kind
- Feminine products

Clothing & Accessories

- Just 10-14 days worth of clothing
Avoid "over packing" for your time with us; your clothing is washed regularly for you by our house keeping staff
- Sweaters/long pants
Specifically for our offices, as some can be cold
- Gym/yoga outfits/gym shoes
2 pairs of sneakers or closed toe shoes are recommended
- 1-2 bathing suits
- Sunglasses
- MP3 Player with No WiFi
*Optional** Due to healthcare privacy policies, only MP3 players without WiFi / recording capabilities are approved. Here's an [Amazon Link](#) to an MP3 player our team could load music on for you.



What **not** to Bring

Bedding

Leave your pillows and blankets at home, as these will be provided for you during your stay. Bringing your own bedding can be unnecessary and take up valuable space.

Towels

There's no need to pack towels, as they will be supplied by the treatment center. This helps reduce the bulk of your luggage and ensures you have what you need without any hassle.

Certain Accessories

Items like jewelry, watches, or similar valuables are best left at home. These small and easily lost items can become a source of stress, so it's wise to keep them safe and secure at home.

Certain Clothing

Avoid bringing clothes that need dry-cleaning or special care. Additionally, leave behind any revealing clothing such as swimsuits, thongs, or short-shorts. It's also important to avoid T-shirts that promote drugs or alcohol or have profanity or any inappropriate messages. This ensures a respectful and supportive environment for everyone at the treatment center.

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