

# What to Bring to Treatment at Project Turnabout

## Clothing

Clothing should be in good taste, appropriate for current weather and display *no* negative slogans, emblems of any mood altering chemicals, or sports related clothing. Hats, head coverings and head bands will not be allowed to be worn inside the building.

- Casual Pants (5-7)
- Casual Tops (5-7)
- Sweatshirt, Long Sleeve Shirt or Light Jacket
- Undergarments (7-9 as needed)
- Comfortable Clothes for Physical Fitness
- Appropriate Sleeping Garments
- Shoes (Casual and Tennis - Slippers if wanted)
- Bathing Suit and Towel

## Personal Care Products

- Shampoo/Conditioner\*
- Body Wash/Soap
- Facial Wash\*
- Hair Products\* (Gel/Spray)
- Tooth Brush
- Tooth Paste
- Deodorant
- Razor
- Shaving Creme
- Feminine Hygiene Products\*

## Miscellaneous Items

- Calling Card
- Small Amount of Money for Incidentals (\$5.00-\$10.00)  
(Large quantities should be locked up for safety and accessed as needed.)
- Quarters for Carbonated Beverages\*

**We look forward to meeting you! If you have any questions or concerns before you get here, please feel free to contact us at 1-800-862-1453 or via email at [info@projectturnabout.org](mailto:info@projectturnabout.org).**

## Healthcare Items

- Copy of Current Health Insurance Card
- 30-Day Supply of Medications in Original Bottle Displaying:
  - Prescribing Doctor
  - Pharmacy Name
  - Medication Type
  - Proper Dosing
  - Date Filled
  - Number of Refills.
- Over-the-Counter Medication must be in original unopened packaging. Please bring with if you take OTC Medication on a regular basis.
- If you have a medical condition, please bring past medical records.

## Item of Note

- Laundry Washers, Dryers, and Soap are Available For Your Use Free of Charge

## Items NOT to Bring

- No Electronic Equipment, Including but Not Limited to the Following:
  - Cell Phones
  - Ipods
  - Laptops
  - Cameras
- No Mouthwash with Alcohol
- No Personal Reading Materials
- No Hobbie Items (ex: Knitting, Puzzlebooks, Needlecraft)
- No Food, Beverage, Pop, or Candy
- No Homemade Items
- No New or Used Pillows, Blankets, or Stuffed Animals from Outside of Project Turnabout



\* Bring if Desired