

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 gambling/sports related clothing. Hats, head coverings and bandanas 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 desired)

****Items of Note**

- T-shirts, sweat pants and comfortable clothing are encouraged.
- Leggings, spandex pants or yoga pants are not allowed.
- Pants with holes are allowed, however, holes must be no more than two inches above the knee.
- Short/skirt length needs to be no shorter than two inches above knees.
- Clothing needs to cover shoulders, belly and chest.
- No sayings displayed on the back of pants.
- Clothing that is revealing or with words related to use of mood-altering chemicals is inappropriate, and you will be asked to change.
- Physical Fitness: t-shirts (no tank tops) and longer shorts (within the two inch rule) or sweats are recommended.

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

- Small amount of money, as desired. (Large quantities are encouraged to be securely stored for safety and are accessible as needed.)
- Quarters for carbonated beverages
- Personal tobacco items as desired, E-Cigarettes are not allowed on campus

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.
- Monies to cover co-pays for prescription medication

****Items 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/Ipads
 - Laptops
 - Cameras
- No mouthwash with alcohol
- No personal reading materials (*Vanguard patients are allowed to bring appropriate books.*)
- No hobby items (ex: knitting, puzzlebooks, needlecraft)
- No food, beverage, pop or candy
- No pets
- No new or used pillows, blankets or stuffed animals

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 admissions@projectturnabout.org.

