



What Should I Bring to the Assessment?

Here is a helpful list of items to bring when you come for your assessment, and some things to leave at home.

- Current medications and prescriptions
- Insurance card
- Pharmacy card (if separate from your insurance card)

In case you are admitted for treatment right away, pack a bag with these items:

- Tennis or running shoes
- Extra pair of shoes
- Flip flops
- 3 shirts
- 3 pairs of pants
- 3 shorts
- 3 sets of undergarments
- 1 jacket

To be allowed on the units, for safety reasons, all drawstrings, shoelaces, underwires, etc. are removed.

Items NOT allowed:

- Personal electronic devices (cell phones, handheld gaming devices, vapes or e-cigarettes)
- Hygiene products including makeup, perfume, cologne, hair dryers, curling irons or razors
- Jewelry (necklaces, watches)
- Tank tops or halter tops
- Clothing with ties or strings
- Hoodies
- Belts