



### **What to Bring to Enterhealth Ranch**

While participating in the Enterhealth Ranch residential treatment program, we want our clients to be comfortable. To that end, we encourage you to pack a few personal items.

All bedding, towels, pillows, writing materials, and alarm clocks will be provided. But you should bring clothes for approximately 7-14 days. There is a laundry room available or clients may choose to send clothes out for dry cleaning services. All laundry supplies (detergent, stain remover, starch, iron and ironing board) will be provided. Pack toiletries, a personal blanket (if desired), a small amount of cash or credit cards, any sentimental items, photos, comfortable clothes, tennis shoes and a sweater or jacket depending upon season. During summer, guests can take advantage of the outdoor swimming pool – ladies are encouraged to bring one-piece bathing suits; gentlemen may bring swim trunks. Other useful items include:

- Recovery-related books or literature
- Books or magazines
- Stationery and stamps
- A personal journal or diary
- Hair dryer
- A portable stereo/iPod (must have headphones and no video or recording capability)
- Musical instruments
- Family or personal photos
- Please bring all your current medications that you are taking for any reason, including over-the-counter vitamins and supplements, and any sprays or creams that you use routinely.
- Please inform intake staff of any special medical equipment you currently use to determine whether you will need to bring it upon entering treatment.

### **What NOT to Bring to Enterhealth Ranch**

For the safety and confidentiality of our patients, please do not bring the following items:

- Alcohol, drug products or paraphernalia
- Weapons or firearms
- Laptop computers
- Cellular phones
- Valuables (expensive jewelry or large amounts of cash)
- Apple watches/Fitbits – no devices with texting capabilities
- Cologne/perfume
- Cameras or audio/video/recording equipment
- Aerosol spray products – hairspray, deodorant, etc.
- Mouthwash or hand sanitizer that contains alcohol
- Clothing that depicts alcohol, drugs, sex or violence
- Food or beverages

- Vehicles – patients' cars are not allowed at the Ranch

**Telephone Policy**

Residential treatment at Enterhealth Ranch does include specified times for open telephone use each morning and evening through generalized access. We understand that clients may have business, legal and family issues to deal with outside of their addiction treatment and recovery. Our clinical team will work with you to best accommodate any communication issues.