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 are not 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.
- No spandex pants. Leggings are allowed only if covered by a long shirt (mid-thigh length).
- Pants with holes are allowed, however, holes must be no more than two inches above the of knee.
- Short/skirt length needs to be no shorter than two inches above knees.
- Clothing needs to cover shoulders, belly and chest.
- Clothing that is revealing or with words related to use of mood-altering chemicals are 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
- Hair tools with automatic shut-off

**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.
- **Phone calling card for personal use.**

**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.
  - Diabetic testing supplies, COPD - nebulizer as prescribed.

*Items of Note
- Laundry washers, dryers, and soap are available for your use free of charge.
- Please bring your own fabric softer/dryer sheets.

**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.
- No hobby items (ex: knitting, puzzlebooks, needlecraft).
- No food, snacks, beverages, pop or candy.
- No pets.
- No new or used pillows, blankets or stuffed animals.
- Towels or washclothes.
- Picture frames with glass.

**Phone cards are available to purchase on campus for $10 - Carrier Service Fee of 20% deducted after each call / Maintenance Fee of 79¢ twice per month / 3 min rounding / Expires 90 days after first use.**

If you choose to bring your own ensure it is compatible with a landline phone. Suggested websites are speedypin.com & callingcardplus.com

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.