**PACKING FOR SOBERMAN’S ESTATE:**

In order to provide you the safest and smoothest transition to your private treatment experience at The Estate, we have defined those items to bring and not to bring. Please know, however, that this list is not exhaustive, and we encourage you to contact your Admission Coordinator for any questions.

**WHAT TO BRING:**

* Driver’s license or photo ID
* Insurance ID card, including pharmacy plan information
* A list of all current medications. Any medications brought with you must be in properly labeled bottles including name, medication, dosage and frequency. Medications not labelled will be destroyed upon arrival.
* All prescriptions must be from a Dr.’s order and have printed instructions on the label.

**CLOTHING:**

* Casual, comfortable shirts, knee-length shorts, and comfortable pants
* Sweats/workout clothing
* Full length jeans and boots for horse activities
* Shoes appropriate for casual wear, pool and outdoor recreational activities such as hiking.
* Bathing suit (no speedos are permitted)
* The beautiful Arizona sun is best enjoyed with a comfortable hat and sunglasses
* Robe/housecoat and modest sleepwear
* Weatherproof jacket. Activities will be held outside in the high Sonoran Desert climate where mornings can be cool, the daytimes hot and the evening temperatures vary
* Note: All laundry supplies are provided

**MISCELLANEOUS ITEMS:**

* Personal care items (35–90-day supply). Any items containing alcohol will be held by staff until discharge. All personal care items must be in their original containers
* Shavers are permitted, except single blade razors
* Spending money (it is recommended to bring a small about of cash with you. No more than $200.00 is necessary)
* Photos of friends and family
* Note: All residents who enter Soberman’s Estate as a smoker will be provided instruction and opportunity to quit smoking with Medical and smoking cessation support. If you plan to smoke during your stay, please bring enough cigarettes for your estimated length of stay. Cigarettes need to be in unopened, sealed packaging. Family can send client’s cigarettes, but all packages will be opened in front of staff and checked for safety. If a guest wants to use e-cigarettes or vaping, they will still be asked to use the designated smoking sites and not use in the house and not keep vaping devices on them during any therapeutic activity. All cartridges and vape pins for vaping must be in an unopened box.
* If you currently have any Advance Directives or Living Will, bring a copy for your Medical Record
* Laptop computer and cell phone use are permitted with appropriate restrictions. No porn, gambling or drug related activity, no use during any therapeutic activities. Any overuse or misuse of these will be addressed by the clinical staff.

**THE FOLLOWING ITEMS ARE NOT PERMITTED AT THE ESTATE:**

* Items containing alcohol.
* No military grade backpacks
* Medications not prescribed by a physician.
* Herbal remedies
* Cigars or pipes
* Aerosol spray cans (except for shaving cream)
* Excessive and/or sharp jewelry and large amounts of cash are discouraged (a safe is available in the staff office at the estate)
* Clothing that depicts or is suggestive of alcohol, drugs, paraphernalia or offensive subjects, words, logos or images
* Pornographic materials
* Weapons, pocketknives or tools of any kind
* Mirrors and any sharp objects that can cause harm
* All items not permitted at The Estate will be mailed home at the client’s expense