



WHAT TO BRING

During your time with us at Jackson House, we want you to feel comfortable and safe. Please bring clothes you will be comfortable in, clothes to get outside and exercise (we are very close to Balboa Park), toiletries you use on a regular basis, any medications you take, insurance card and ID. If you smoke, please bring enough cigarettes to last you throughout your stay. The typical length of stay varies based upon your individualized plan and needs. You are allowed to smoke in designated areas at certain times. We place a strong emphasis on nutrition, so do not worry about packing food. Our team will take care of all of the meals and snacks.

Packing List

- Approximately two-weeks' worth of clothing
- Pajamas
- Comfortable clothing including workout attire (Shorts need to be appropriate length)
- Sweater(s) and/or a lightweight jacket
- Athletic shoes
- Comfortable shoes (flats, etc.)
- Sandals
- Slippers
- Toiletries such as soap, shampoo, toothbrush/paste, body lotion, deodorant (non-aerosol), feminine products, brush/comb, hairdryer, shaving items (electric razors only). All toiletries must be in plastic containers. Mouthwash must be alcohol-free
- Personal identification (e.g., driver's license or passport)
- Health insurance card needed to admit you
- A credit card or cash for incidentals, supplements, medications, and outside medical costs. Do not bring more than \$50 cash
- Alarm Clock

Approved Items to Bring to Treatment

Medications: Due to laws governing prescription medications, we are required to check them in for distribution. All medications will be dispensed by our nursing department

- No over the counter medications such as Advil, Tylenol, creams, etc.
- All medications must be brought in their original prescription bottle. We are required to dispose of any medication not brought in the appropriate bottle.

Cigarettes (see guidelines for nicotine users below)

Curling irons and straightening irons (must be checked in)

Phone card for long-distance calls

Written list of important phone numbers (you will not have access to your cell phone)

Nicotine Users

All nicotine products must be unopened and sealed in the original packaging to include cigarettes, chewing tobacco, e-cigarettes, liquid nicotine solutions, etc.

Any opened nicotine products will not be allowed.

You are responsible for bringing your own supply of products to treatment (cigarettes, chewing tobacco, and liquid solutions).

Sharing of cigarettes or nicotine products is not allowed.

Nicotine products may only be used at the designated outside smoking area and at the designated break times.

No nicotine products can be used indoors.

Items to Leave at Home

Jackson House Recovery reserves the right to deem any additional items not listed below as inappropriate during treatment.

Razor blades of any kind, including disposables (electric razors are accepted)

Sharp objects of any kind, sewing needles, scissors, etc.

Valuables such as jewelry, etc. We are not responsible for lost or stolen items

Food, snacks, gum, mints, beverages of any kind

Items containing alcohol such as mouthwash, perfume/ cologne, aftershave, etc.

Any chemical liquids such as nail polish and nail polish remover

Aerosol products including deodorant and hair spray

Alcohol and illegal substances

Firearms, weaponry or any other supplies that would be considered harmful

Any attire with explicit messages or photos, revealing clothing that show midriff, low-cut tops, tube tops, short shorts

Sexually explicit materials