



What to Bring to Treatment

How to Pack for Success

Feeling Prepared Is the First Step

If you're gearing up to enter residential treatment, you likely have many questions about what to expect when you arrive. At Life Center of Galax, we will do all we can to help you feel prepared to begin your journey to recovery – starting with providing a clear understanding of what you can and cannot bring with you to our center.

Important Documents

Aside from the personal items you'll need during your stay at Life Center of Galax, there are some important documents you'll want to have with you. For starters, please be sure to bring your insurance and payment information, as well as a form of identification. You'll also want to bring a list of personal and emergency contacts, your FMLA paperwork (if applicable), and a calling card.



Personal Items

Creature Comforts

The following items are permitted and recommended at Life Center:

- A 30-day supply of all medications currently prescribed and any OTC medications (in new, sealed bottles) you are currently taking
- Shower shoes
- Personal spending money (suggested \$50)
- Casual, conservative clothing for one week
- Personal toiletry items
- An unopened cigarette supply for two weeks (if applicable)

What to Leave at Home

Please note that for the safety of our patients and staff, the following items are prohibited at Life Center of Galax:

- Jewelry and valuables
- Bed linens, pillows, and towels
- Laundry detergent
- Any personal toiletry item containing alcohol
- Firearms or weapons
- Certain prescription medications
- Drugs or alcohol
- E-cigarettes, smokeless tobacco, loose tobacco, and cigars
- Outside food and drinks
- Electronic devices including laptops, MP3 players, CDs, pagers, video games, videos, DVDs, radios, clock radios, cameras, TVs, E-readers, and cell phones

Please contact Life Center for specifics about additional items that may be prohibited.