

# What to Pack for Your Stay at The Haven

If you have any questions please call

1-805-202-3440

We've compiled a suggested packing list below to help you prepare for your stay at the Haven.

- Comfortable Clothing - Maximum of 2 bags
- Make sure you pack exercise clothing, jeans, or casual wear to ensure mobility and promote relaxation, bathing suit, plus you may want to bring a nicer outfit for Family Visiting Day.
- Toiletries or Cosmetics
- Make sure to bring your toothbrush, toothpaste, face wash, and any cosmetics that you would like to use. Luxury residential addiction treatment centers will often offer amenities or help you acquire any toiletries you forget to bring, so that you do not have to worry about the smaller details.
- Health Information and Medications - **Prescription Medications:** A 30-day supply. Please **bring all current medications in their original containers.**
- Bring your health insurance card, and a copy of any health related information you need, so that the medical and financial details of your treatment can be taken care of in a streamlined manner. Also bring along any prescribed medications. Your addiction treatment team will perform diagnostic testing and assessment upon arrival. Your medical staff will then help guide you in your prescription needs as you approach recovery.
- Pajamas and Slippers - Remember that sleep is an important part of the body's healing process. Bring comfy pajamas, slippers, and a bathrobe to help promote relaxed sleep. If you are light- or sound-sensitive, you may also consider bringing a sleeping mask or earplugs to ensure deep and uninterrupted rest.
- Alarm clock

- Our Luxury residential treatment centers often offer spa services, saunas, jacuzzis or swimming facilities that may require the use of a bathing suit.
- Journal and Books - Bring a journal or notebook so that you can chronicle your thoughts and feelings during the recovery process. You may also want to bring books or magazines that you enjoy so that you can read in your free time.
- Momentos - Sometimes, when we face the road to recovery, the little reminders of home can make a big difference. Consider bringing a few mementos, such as framed photographs, a special knick-knack, or other minor decorations that may help make your stay more comfortable and inspiring.