



## What to Bring to The Crossroads

Welcome to The Crossroads! We appreciate being a part of your journey to health and recovery. Here are some suggestions to make your stay with us more comfortable.

### DOCUMENTATION

- Legal identification
- Social Security card
- Copy of your insurance card
- Letter writing supplies and postage stamps
- Doctor's release for treatment, if under treatment for a serious medical condition

### MEDICATION

- 30-day supply of prescription medications (over-the-counter medications are supplied by Crossroads)

### CLOTHING & TOILETRIES

- Residents are encouraged to bring only one suitcase.
- Casual clothing recommended
- Bring 5 to 6 outfits **only**, including undergarments and socks
- Crossroads expects residents dress comfortably and casually, and we discourage revealing clothing (i.e., items that display cleavage, undergarments or parts of the body that would normally be covered)
- Clothing references to drugs or violence **are not permitted**
- Pajamas, robe, slippers—sleepwear must meet dress code (please wear pajamas, not undergarments)
- Two pairs of comfortable shoes
- Flip flops for the shower
- Toiletries to last at least one month—items containing alcohol (except shampoo and conditioner) **are not permitted** within the dorm areas
- One towel, one washcloth and bedding will be provided to all residents



### **PERSONAL HYGIENE**

- Shampoo/conditioner
- Body wash
- Toothbrush & toothpaste
- Feminine hygiene products (if applicable)
- Deodorant
- Non-motorized toothbrush
- **Limited** amounts of makeup
- Items permitted by “check-out” only:
  - Razors
  - Hairspray
  - Nail Polish

### **OTHER ITEMS**

- MP3 players and other personal music devices are allowed (we ask that music be supportive of recovery and that you use headphones)

### **CHILDREN’S ITEMS (suggested)**

- Socks, underwear, pajamas, shoes, pants, shirts, jacket and shorts
- Toys, stuffed animals
- Diapers
- Formula
- Vaccine record

### **DO NOT BRING**

- Illegal drugs, prescription narcotics or alcohol
- Weapons of any kind
- Cigarettes or other tobacco/nicotine products, including e-cigarette and vape products
- Hair clippers
- Food items, such as pop or candy

**The Crossroads**  
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