

NEW HAVEN RESIDENTIAL TREATMENT CENTER

THE ESSENTIALS – WHAT TO BRING – NEW HAVEN VALUES

WHAT TO BRING – CLOTHING

SPACE IS LIMITED, PLEASE BRING ONLY ITEMS ON LIST (ADDITIONAL ITEMS WILL BE SENT HOME)

- | | | |
|--------------------------|-------------------------------------|-----------------------------------|
| <input type="checkbox"/> | Pants or shorts (finger-tip length) | 7 pair |
| <input type="checkbox"/> | Shirts | 10 |
| <input type="checkbox"/> | Underwear / Bras (no thong panties) | 10 pair |
| <input type="checkbox"/> | Pajamas | 2 sets |
| <input type="checkbox"/> | Nice Dress / Skirt (knee length) | 1 |
| <input type="checkbox"/> | Jackets / Coats | 2 - 3 |
| <input type="checkbox"/> | Socks | 12 pair (including some for P.E.) |
| <input type="checkbox"/> | Swimsuit (one-piece) | 1 |
| <input type="checkbox"/> | Dress Shoes | 1 |
| <input type="checkbox"/> | Work Shoes / Boots | 1 |
| <input type="checkbox"/> | Sandals | 1 |
| <input type="checkbox"/> | Sweatshirt / Sweatpants | 3 |
| <input type="checkbox"/> | P.E. Shorts or Pants and Shirts | 3-4 |
| <input type="checkbox"/> | Running / work-out Shoes | 1 |
| <input type="checkbox"/> | Sports Bras | 5 |

WHAT TO BRING – REQUIRED PERSONAL ITEMS

- | | | |
|--------------------------|---------------------------|---|
| <input type="checkbox"/> | Towel | 2 |
| <input type="checkbox"/> | Electric Razor | 1 |
| <input type="checkbox"/> | Twin Sheets and Comforter | 1 |
| <input type="checkbox"/> | Personal Journal | 1 |

OPTIONAL ITEMS

NOTE: WE PROVIDE TOILETRIES, BUT YOU ARE WELCOME TO SEND FAVORITE BRANDS, ETC.

- | | | |
|--------------------------|----------------------------------|------------|
| <input type="checkbox"/> | Deodorant (Optional) | One |
| <input type="checkbox"/> | Shampoo / Conditioner (Optional) | One bottle |
| <input type="checkbox"/> | Brush/Comb (Optional) | One |
| <input type="checkbox"/> | Toothbrush (Optional) | One |
| <input type="checkbox"/> | Pictures (Optional) | |
| <input type="checkbox"/> | Stuffed Animals (Optional) | |
| <input type="checkbox"/> | Makeup | |