



## Paradise Creek Recovery Center

Malta, Idaho

### Billing Address

40 W Cache Valley Blvd #10A

Logan, UT 84341

855.442.1942 FAX 435.713.4001

## Packing Check-List

### Paperwork

- Copy of medical insurance card

### Clothing

- 7 sets of comfortable clothes
  - Undergarments (7 pairs)
  - Socks (7 pairs)
  - Shirts/T-shirts (combo of 7)
  - Shorts/Pants (combo of 7)
- 1 set of grubby clothes
  - 1 Shirt/1 Sweater
  - 1 pair pants
- 1 set of exercise clothes
  - 1 pair Underarmor, etc...
  - 1 Shirt
  - 1 pair shorts
- Pajamas (2 shirts/2 bottoms)
- Outdoor Clothes
  - 1 sweater
  - 1 jacket/coat
  - 1 pair snow pants
  - (If needed) 1 pair thermals
- 2-3 sets of shoes (casual, grubby, & tennis)
- 2 Hats (At least 1 ball cap, beanies, etc...)
- 1 belt

### Hygiene Supplies

- Electric Shaver (NO razors!)
- Toothpaste/Toothbrush
- Floss
- Mouthwash
- Deodorant
- (If desired/needed) Hair gel
- Lotions/Face wash, etc...

- (If needed) Contacts/Glasses/Lens solution, etc...
- ALL needed medications/vitamins to last the duration of your stay
- 4 week-long medication reminder boxes
- (If desired) Shower pouf

### Misc. Items

- Cell phone
- (If needed) 1 Phone charger
- Envelopes/Stamps
- Spiritual books/items/clothing
- Credit card/cash/cashier's check of \$5,000 minimum
- (If needed) Glasses/Sunglasses

### Contraband – Do NOT bring with you!

- × Knives/other sharp items (razors)
- × Harmful chemicals
- × Cigarettes
- × Alcohol
- × Other intoxicants
- × Aerosol-based sprays
- × Illegal/non-prescribed drugs
- × Firearms/play guns/fireworks
- × iPod/audio players
- × Headphones
- × Magazines
- × Any unauthorized electronic devices
- × Unapproved literature
- × Clothing with inappropriate logos/material