



800 Tydings Lane  
Havre de Grace, MD 21078

800.799.HOPE (4673)  
[AshleyTreatment.org](http://AshleyTreatment.org)

## WHAT TO PACK:

- ✓ 7 to 10 days' worth of comfortable, casual, washable clothes (we provide no-charge laundry service. Dry cleaning is at your expense)
- ✓ Long pants, capris and longer skirts and dresses are acceptable attire. Leggings, yoga pants and sweatpants are not appropriate for everyday wear.
- ✓ Exercise attire – to be worn ONLY in the gym or during recreation activities. (Patients in our Pain Recovery Program should bring a one-piece bathing suit and water shoes for hydrotherapy )
- ✓ Shirts – polos, button-downs, sweaters, etc. Do not bring low cut, sleeveless, midriff tops, or t-shirts advertising drugs or alcohol
- ✓ Pajamas and robe
- ✓ Comfortable, practical shoes/sneakers, including properly fitting rubber soled shoes—high heels are not recommended. Sneakers are recommended for recreational activities
- ✓ Socks/underwear
- ✓ Smoking and tobacco products for four weeks -- Ashley staff will not purchase smoking or tobacco products for you. There is no cigarette machine on the premises. (We offer smoking cessation support; please consider this an ideal time to limit your tobacco use and take advantage of professional cessation support) we do not permit the use of E-cigarettes or electronic vapor equipment.
- ✓ Jacket/weather-appropriate outerwear
- ✓ Umbrella and rain poncho
- ✓ Wristwatch and alarm clock (without radio)
- ✓ Shampoo/soap/toothbrush/tooth paste/shaving kit (razor must have plastic handle/casing) or electric shaver. Do NOT bring, hair coloring, or self-tanners.
- ✓ Telephone numbers for family emergencies
- ✓ Journal for writing
- ✓ If you have an Advance Directive/Living Will, please bring a copy with you for our records
- ✓ Medications--Please bring your existing prescribed medications in the original bottles. Do not refill them prior to coming to Ashley, as we will need to order them from our pharmacy. Regulations do not permit us to dispense medications brought from home. All medications are administered by Ashley nurses. Please bring a list of all over the counter medications, vitamins, herbals, or other supplements you are currently taking.- no need to bring these bottles. Our medical staff will review the list to determine which may be helpful for you to during your stay at Ashley. You should provide information on your prescription insurance coverage at the time of admission. If insurance does not cover your medications, you will be responsible for the charges
- ✓ Contact information (name, address and telephone numbers) for your physician(s), family members, and other parties that may be involved in your care
- ✓ Insurance and/or prescription card, driver's license or another form of identification

## WHAT TO PACK (continued):

- ✓ Method of payment - either a credit card or cashier's check for the amount agreed to during the pre-admission phone call
- ✓ CPAP machine
- ✓ Cash/Credit or Debit card for incidentals:

You will need funds for treatment-related reading materials you may wish to purchase, incidentals and extra services such as dry cleaning, massage and acupuncture. The Oak Store on campus sells personal-need items, recovery-related materials and Ashley items.

Credit/Debit cards are accepted. Please limit your cash to \$100.

## WHAT TO LEAVE AT HOME:

- ✗ Cell phones, beepers, laptops, fit bits,
- ✗ Smart Watches (i.e., Apple Smartwatch, Samsung Gear2, Motorola Moto 360)
- ✗ Electronic equipment including TVs, CDs and players, iPods and MP3 players, iPads, PDAs, and similar devices
- ✗ Cameras
- ✗ Revealing clothing and those with offensive slogans or that promote alcohol or drugs
- ✗ Swimsuits of any kind (exception of those in our Pain Recovery Program who should bring a one-piece bathing suit for hydro therapy)
- ✗ Sports equipment (it is provided)
- ✗ Table, card and electronic games
- ✗ Food, including candy
- ✗ Bedding, pillows and stuffed animals
- ✗ Scissors or sharp objects, including metal nail files, bottle/can openers and straight-edge razors, Leatherman-type tools, lighter fluid refills
- ✗ Magic markers
- ✗ Over-the-counter medications and vitamins (please just bring a list of what you've taken regularly.)
- ✗ Medical testing devices such as blood pressure machines (check with your Admissions counselor if you have specific medical testing device to ensure that you should not bring it with you)
- ✗ Expensive jewelry or clothing