

Packing for in-patient residential substance abuse treatment at Akron Recovery Center involves preparing essentials that will support your physical and emotional well-being during your stay. Here are some items to consider packing:

1. Clothing:

- Comfortable outfits suitable for all weather conditions. (7-8 changes worth off clothing)
- Pajamas and comfortable sleepwear.
- Undergarments and socks.
- No more than 3 pairs of everyday shoes
- Shower Shoes
- (No sleeveless/spaghetti straps; NO bandana's or anything that promotes substance abuse on clothing; NO excessive holes in clothing; Shorts must be knee-length; Pants must be belted at the waist; Shoes must be closed-toe/ NO Flip-flops; No high heeled shoes, Shower shoes for shower only)

2. Toiletries and Personal Care:

- Toothbrush, toothpaste, and dental floss.
- Shampoo, conditioner, and body wash.
- Hairbrush or comb.
- Skincare products (moisturizer, sunscreen).
- Feminine hygiene products
- Razor and shaving cream
- All hygiene products must be unopened and CAN NOT contain and alcohol in the ingredients. All items must be unopened and ALCOHOL - FREE; NO MIRRORS/SCISSORS or anything with a SHARP EDGE; TWEEZERS must be PLASTIC; NO Aerosols / NO Body Sprays or Perfume or Cologne; NO WIPES OF ANY KIND)
- No make up items allowed

3. Medications:

- Any prescribed medications in their original packaging.
- List of medications and dosages.

4. Documentation:

- Identification (driver's license, ID card).
- Insurance information.
- Contact information for emergency contacts.

5. Comfort Items:

- Books, journals, or notebooks.
- Photos of loved ones.
- Comforting items like a favorite blanket or pillow.

6. Miscellaneous:

- Snacks—must be individually wrapped, UNOPENED. Nothing that requires cooking, heating up, etc. [Snack cakes, candy, snack size bags of chips, canned or bottled drinks—no glass, accepted]
- Pre-paid gift card, cash, cash app card, etc for vending machine purposes.
- Unopened cigarette packs
- Unopened vapes

Prohibited Items

- NO electronic devices
- NO sexually explicit clothing or clothing with drug/alcohol references

- NO Rolled Cigarettes or loose tobacco; NO CIGARS or black and mild's - NO LIGHTERS - Lighters will provided for you
- NO laundry detergent or Dryer Sheets (Facility will provide)
- PROHIBITTED FOOD: ANYTHING PERISHABLE - (Nothing microwavable; nothing in a can or glass; NO COFFEE, (WE PROVIDE COFFEE and condiments); NO ENERGY DRINKS, NO cereal or large bags of cookies or chips!; Individual or snack sized snacks are allowed).
- OTHER ITEMS MAY BE PROHIBITED AT THE DISCRETION OF FACILITY ADMISSIONS AND ADMINISTRATION