



Admissions Inventory

Please do not bring these types of items into the facility:

- Mesh or see through clothing
- Low-cut or inappropriate clothing
- Uniforms or scrub suits
- T-Shirts depicting drugs/alcohol or violence
- High Heels
- Curling irons, flat irons or hair dryers
- Nail polish or remover
- Glass containers (e.g., makeup)
- Scissors, knives, or weapons
- Games, cards, or posters
- Radios, pagers, cell phones, cameras, TVs, computers or any Internet enabled device (iPods are allowed on the Women's unit, not on the Men's unit)
- Aerosol cans (pump sprays are allowed as long as they are alcohol-free)
- Opened tobacco products, loose tobacco, or rolling papers
- Bedding/Linens (sheets, pillows, blankets...)
- Towels
- Stuffed Toys
- Food (unopened gum or candy that is individually wrapped in an unopened package are permitted)
- Keys (Will be kept in security)
- Bandannas (Hats are allowed except in groups and at meal times)
- Pocket books, knapsacks, wallets, etc. (all luggage will be kept in Security)
- Shoe polish
- No reservation cigarettes, chewing tobacco, vaporizers or e-cigarettes
- Lighters of any kind

You will need to bring these items with you into the facility:

- **Enough clothing for two weeks – Valley Vista provides laundry services**
- Appropriate clothing/seasonal footwear (i.e. Winter Boots, sneakers)
- Books-they will be okay with therapist approval
- Travel mugs with covers
- Non-toxic art supplies - optional (e.g., colored pencils)
- Toiletry items – including shampoo, conditioner, lotion, soap, toothpaste, toothbrush, hair products, feminine products, etc. (**Any products with alcohol listed in the first two ingredients will be kept in our hygiene closet.**)
- Money for incidentals (\$30.00 max, cash only)
- If you are allergic to specific laundry soap, please bring your own, unopened. No bleach.

Upon arrival, you will be given a three-ring binder, which includes a notebook, pencil, loose-leaf paper & envelopes. Your own pens are permitted; any color other than black, as are stationary and stamps. Please do not bring your own envelopes and/or any stickers.