



WHERE RECOVERY BECOMES REALITY.

Packing List

Bring one suitcase, one carry-on-type bag (duffle or backpack) and purse.

Allowed to Bring	Not Allowed to Bring
Pillows and foam mattress toppers **MUST BE NEW IN THE BAG AT INTAKE**	No energy drinks
Over the counter medications **UNOPENED AND 100 PILLS OR LESS**	No furniture of any kind
Non-perishable snacks and beverages (pop, tea, water, etc.)	No weapons
Mouthwash **MUST BE NON-ALCOHOL**	No drugs, alcohol or paraphernalia, including no medical marijuana and edibles
Nail polish and remover	No gambling or scratch offs
Humidifier with NO scent	No inappropriate clothing that promotes drugs, alcohol or gambling
Fans	No candles or incense
Laptops, tablets, and phones (with your own data)	No protein drinks or powders, unless you have a doctor's order
Personal hygiene Items	
Photos/pictures that fit on cork board	
Art supplies, small amount	
Laundry detergent and dryer sheets (Progress Valley does provide detergent.)	

Progress Valley provides all meals and snacks, bedding, new pillow, towels and wash cloths. You will be given a food locker and mailbox during your stay.