

## **Packing for AToN Center**

### What to Bring:

- 5-7 days worth of clothing (onsite laundry facilities available)
- Swimsuit for pool and beach
- Exercise clothing, yoga wear, and athletic shoes
- Casual business attire for offsite activities
- Non-addictive prescriptions in their original bottles
- Cell phone and/or laptop
- Hygiene products
- A photo of your loved ones

### What NOT to bring:

- Addictive substances, illegal drugs, and alcohol
- Cigarettes that have been opened (must be new boxes that are sealed)
- Any products containing alcohol such as mouthwash
- Towels or linens (provided)
- Over the counter medicines (provided)
- Any prescription meds that aren't in their original bottle with your name attached
- Have family member destroy all addictive substances and paraphernalia before you leave for treatment