

PACKING LIST

Thank you for choosing Chateau to be a part of your healing journey.
We look forward to meeting and helping you start your path to wellness.

2 Weeks of General Clothing

- Pajamas / Sleeping Attire
- Comfortable Lounge Clothing
- Working Out Clothing
- Socks & Undergarments

Activity Based Attire

- Outdoor Boots
- Athletic Shoes
- Coat, Hat, Gloves, Scarves (winter)
- Bathing Suit

Medicine

Prescriptions
Vitamins / Supplements

Personal Toiletries

- Soap / Body Wash
- Toothbrush / Toothpaste
- Brush / Comb
- Hair Dryer
- Deodorant
- Body Lotion
- Feminine Products
- Shaving Items

Identification / Contact Info

- Personal ID & Insurance Cards
- Phone List of Important Numbers
- Info for 2 Emergency Contacts
 - Name, number, address, & email

- You will have access to washers & dryers. Detergent is provided (you may bring your own)
- All prescription medications, vitamins/supplements are held & dispensed by our nursing department
- Toiletry items listing alcohol in the first 3 ingredients are permitted but will be held in the staff room to be checked out for use
- Electronic devices such as MP3, Kindle, etc will have limited use
- Wifi accessible devices are stored in the staff room. Permission can be given by assigned clinician

Our Facility Does NOT Allow

Weapons
Energy Drinks