



### WHAT **TO** BRING TO THE RIDGE

- A government issued picture ID (driver's license, state ID, military ID, passport).
- Health insurance card & prescription card.
- One month of current prescriptions in properly labeled containers.
- One week of comfortable, seasonable clothing. Client's wash their own clothes. The Ridge provides towels, pillows & linens.
- Writing paper, envelopes, stamps, recreational reading material.
- Shoes including tennis shoes for recreational time.
- A bathing suit. Trunks for men, one piece for women (year round).
- A watch and house slippers.
- Over the counter vitamins (unopened).
- Hair dryer, curling iron, non-aerosol hairspray
- Electric or disposable razor & hair clippers.
- Make up.
- Ipad or tablet that is not capable of accessing Internet and does not have a camera. Recreational time only.
- Toothbrush, toothpaste, and alcohol-free mouth-wash (unopened).
- Deodorant, soap & shampoo (unopened)\*
- 30-45-day unopened supply for nicotine use. Smoking and using chewing tobacco are allowed in designated areas. If you wish to quit, we will help with nicotine replacement therapy including gum and patches. No vaping is allowed.

### WHAT **NOT TO** BRING TO THE RIDGE

- Cameras of any type
- Food or beverages
- Laptops, or any Internet connected device
- Smart watches or fitness trackers
- Sexually explicit or pornographic material
- Expensive jewelry (wedding rings OK) Perfume or cologne
- Personal wipes
- DVDs or DVD player
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\*All personal care products must be alcohol free. Products usually are not labeled alcohol free but please check the ingredients. Alcohol free means that alcohol, alcohol denat, or denatured alcohol are not listed in ingredients list.



**Please send gifts and letters to the address below in care of client name. Clients are not able to receive food or drinks.**