

Triumph Treatment Services

Inspirations women's residential inpatient program

WHAT TO BRING TO TREATMENT

- **Picture ID**
- **Medical card-(Provider One)**
- **EBT Card**
- **Seven to ten days' worth of comfortable wash and wear.** Bring weather-appropriate clothing. Please do not bring delicate clothing that will not hold up in a standard washer and dryer. Yakima has four seasons—a mild spring, hot summers mild fall and cold winters
- Laundry soap and dryer sheets are provided for you.
- **Please only bring one (1) bag for clothing and one (1) bag for toiletries**

- **Toiletries:**
 - Toothbrush
 - Toothpaste
 - Mouth wash that does not contain alcohol
 - Body wash or soap
 - Shampoo and conditioners
 - Lotions, makeup, personal feminine products (program has a limited supply)
- **Medication:**
 - Please bring a 30-day supply of all your medications along with standing orders from your physician for any over-the-counter medications you may take.

WHAT NOT TO BRING TO TREATMENT

- Computers of any type, including hand-held games
- Radios, alarm clocks
- Personal bedding or pillows (these are provided at Inspirations)
- Cigarettes or tobacco products
 - If you currently use tobacco products, please bring a prescription from your physician for patches.
 - If you present a prescription, you may bring un-opened nicotine patches with you or you can bring nicotine lozenges.