

# What to Pack Checklist

James Oldham Treatment Center  
201 Highland Drive  
Buena, WA 98921  
(509) 865-6705 Phone  
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## Basic Items Needed:

- 1 week worth of comfortable clothing that is appropriate for the season. Remember that we are in the middle of the desert so it is hot in the summer and cold in the winter.
- 1 week worth of underwear and socks
- Comfortable shoes
- Shower Shoes or Flip Flops
- Sleepwear
- Toiletries such as toothbrush, toothpaste, hair care products, deodorant, and shaving supplies. Please bring alcohol free products.
- If you use a tobacco product, you must have arrangements to receive needed items or bring them with you. Staff will not aid you in the purchase of tobacco related items.
- A clear water bottle or cup with a lid for taking water out of the cafeteria area.
- A phone card or cash for payphones (after 3 day focus period)
- Envelopes and stamps if you wish to send mail
- A 30 day supply of medications and Doctor authorization for any over-the-counter medications
- Please have your TB skin test available at check-in

## Items not to bring:

- Food
- Alcohol Based colognes and aftershave lotions or mouth washes
- Personal Electronic Devices
- Cellular phones
- Weapons
- Do not bring scissors or hair trimmers.
- Magazines of any type

## Miscellaneous Information:

- Washing machines and dryers are provided for use by patients free of charge as well as laundry detergent.
- Mail is delivered to and picked up from the post office Monday through Friday. You are responsible for your own postage on outgoing mail.
- Our mailing address is;
  - o PO Box 354 Buena, WA 98921
  - o Mail may be addressed directly to patients or in care of JOTC
- Any items brought in that are not allowed will be locked up for the duration of your stay with us. You will not be allowed access to these items until you are ready to leave.
- You will be provided with a combination lock to secure your belongings. Outside locks are prohibited.