



## James Oldham Treatment Center Packing Checklist

### Basic Items Needed:

- ✓ One week's 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.
- ✓ One week's worth of underwear and socks
- ✓ Comfortable shoes
- ✓ Shower shoes or flip flops
- ✓ Sleepwear
- ✓ Jacket or coat- depending on the season
- ✓ Toiletries, such as toothpaste, toothbrush, hair care products, deodorant and shaving supplies. Please bring alcohol-free products.
- ✓ If you use cigarettes, you must make arrangements to receive them or bring them with you.
  - Staff will not be able to help you in the purchase of tobacco-related items
- ✓ Envelopes and stamps if you wish to send mail
- ✓ A 30-day supply of medications and doctor authorization for any over-the-counter medications
- ✓ Cash/quarters for the vending machines
- ✓ Small reading light

### Items Not to Bring:

- ✓ Food or snacks
- ✓ Alcohol-based colognes and aftershave lotions or mouthwashes
- ✓ Cell phones or personal electronic devices
- ✓ Weapons
- ✓ Scissors or hair trimmers
- ✓ Magazines of any type
- ✓ Tools
- ✓ Aerosol cans
- ✓ E-CIGS, vapes, pipes, chewing tobacco
- ✓ Pillow or bed linen (JOTC will provide all bedding)
- ✓ No OTC medications (unless you have a doctor's order)
- ✓ Laundry detergent

### Miscellaneous Information:

- ✓ Washing machines, dryers and laundry detergent are provided for patient use free of charge.
- ✓ Mail is delivered to and picked up from the post office Monday through Friday. You are responsible for your own postage or outgoing mail.

- ✓ **Our mailing address is:**
  - **PO Box 354**  
**Buena, WA**  
**98921**
- ✓ **Any items brought in that are not allowed will be locked up during your stay. You will not be allowed access to these items until you are ready to leave.**
- ✓ **You will be provided with a lock combination to secure your belongings. Outside locks are prohibited.**

