

STONEWATER®

ADOLESCENT RECOVERY CENTER

Adolescent Treatment Packing List



Of all the steps in the recovery process, packing for adolescent treatment can be one of the most overwhelming and heartbreaking. Putting items in a suitcase carries a heavy load of emotional weight. Whether it's your child's first time away from home — and your first time preparing them to leave under these circumstances — or another attempt at recovery for your family, packing is one of the last things that you can do to start your child's journey off right.

At Stonewater Adolescent Recovery Center, we do everything we can to ensure that your adolescent feels welcomed, safe, and at home from the moment that they arrive at our residential adolescent treatment campus in Oxford, MS. Here are some tips on how you can help prepare them for their experience.



What to Pack

CLOTHING

Suggested packing list of clothing and personal items, not to exceed one regular-sized suitcase:

- 6 pairs jeans/khakis (must have belt loops, no holes or rips)
- 3 pairs khaki/denim shorts (during warm weather seasons)
- 1 pair swim shorts (to top of the knee)
- 3 pairs gym shorts (to top of the knee) and/or joggers
- 1 pair shower shoes (or flip-flops)
- 6 t-shirts (long or short sleeve)
- 2 sets of pajamas/sleep clothes
- 7 pairs of underwear, socks
- 1 belt
- 2 collared/button down shirts
- 2 pairs of athletic shoes, 2 pairs of dress or casual shoes (all shoes must have backs - no slides)
- 2 jackets/pullovers/hoodies

PERSONAL CARE ITEMS

- Hair brush or comb
- Shampoo, conditioner (all unopened, no alcohol/CBD)
- Toothpaste, toothbrush
- Body wash, soap (all unopened, no alcohol/CBD)
- Face soap, moisturizer (all unopened, no alcohol/CBD)
- 3 full-size deodorants (unopened, no alcohol/CBD)
- Body lotion (all unopened, no alcohol/CBD)
- Shaving gel (unopened, non-aerosol, no alcohol/CBD)
- Cold weather gear as necessary (gloves, hat, etc.)
- Medications
 - IMPORTANT:** Large ziplock bag with any prescription medications your child is currently taking **INCLUDING** all medication instructions with times, dosage, etc. Scheduled medications (including stimulants, opioids and benzodiazepines) are not allowed.

It is important that residents are conscientious about their hygiene and appearance and are appropriately dressed at all times. As such, socks and shoes must always be worn - bare or socked feet are not allowed. Open-toe shoes must have a heel strap. Flip flops may only be worn in showers. Walking shorts (long, loose shorts close to the knee) may be worn during recreational activities. Jeans, khakis or shorts with belt loops must be worn at all times in the house (no sagging). Appropriate undergarments must also be worn. No lounging in night clothes in the common areas, hallways or group rooms. Tank tops or mesh, tight, torn or revealing clothing are prohibited. Clothing that reflects drug or drinking culture is also prohibited. Caps, hats, headbands or sunglasses are not allowed. While away from the Stonewater campus, collared shirts, closed-toe shoes and jeans/khakis must be worn. Residents are expected to practice good personal hygiene including frequent showers, shampoos and good dental care. Each resident is expected to do their own personal laundry. Used linens and towels should be placed in the bins provided.

What to Leave at Home

Due to the nature of our program, there are many items that are NOT allowed. Please follow the below guidelines for prohibited items. Any items on the below list found in the resident's belongings will be returned to parents or held until discharge.

- Electronic items such as iPads, cell phones, computers, headphones, radios, Bluetooth devices
- Tobacco products or devices (These will be disposed of upon admission.)
- Electric toothbrushes
- Cologne or anything with alcohol/CBD (hand sanitizer, toothpaste, mouthwash, etc.)
- Propellant-based aerosols such as body sprays
- Chewing gum, food or drinks
- Pens, writing utensils, permanent markers or paints (These will be provided as needed by Stonewater.)
- Razors, electric or non-electric (These will be provided as needed by Stonewater.)
- Picture frames (Photo albums or loose photos are ok.)
- All books (Books are available in the Stonewater library.)
- Pillows (One is provided.)
- Jewelry

Forget Something?



In the hectic last days before treatment, sometimes items fall through the cracks. Yet, there's no need for that last-minute pharmacy stop. We're pleased to offer a small selection of toiletries and personal care items to arriving residents and their families.