



What to Bring to Treatment

The following things are permitted at Serenity Light Recovery

(please use this as a guide when informing family members/supports of what to provide you with during your treatment). We will have a safe for any belongings that need to be secure during your stay.

- No more than two weeks' worth of weather appropriate clothing (i.e. sweatshirts, comfortable pants, jeans, sleepwear, etc.).

(please note: due to space limitations, we request that you do not bring more items of clothing than needed).

- Personal hygiene items (all must be sealed)
- 30 day of prescribed medication (please note: if the medication is illicit or not prescribed to you, and not in a prescription bottle, it will be discarded upon admission and not returned)
- Sneakers
- Work out clothing
- Cigarettes (if you are a smoker)
- Preloaded disposable vape/Blue e-cigarettes (no refillable electronic cigarettes that require juice)
- alarm clock with no radio
- musical instruments (check with staff prior to bringing, no hard case)
- Money for vending machine (please do not bring more than \$250)
- credit/debit cards (please note: we are not responsible for the loss of any money)
- Calling cards for the telephone (this will be also available in the Serenity gift shop)

Women

- Blow dryer
- Straighteners
- Curling Iron
- Electric or non-disposable razors
- One-piece swimsuit for beach activity and cover up

Men

- Electric shavers



What NOT to bring to Treatment

The following things are not permitted at Serenity Light Recovery.

- Unsealed personal hygiene products
- Aerosol cans (including all hair spray and air freshener, etc....)
- No acetone or acetone products
- No cosmetics with alcohol (included ingredients)
- Alcohol of any kind
- Balloons
- Bleach
- Cellphones
- Cigarette papers, pre-rolled cigarettes, chewing or loose tobacco, cigars
- No clothing or wardrobe items with drug/alcohol or triggering logos and insignias
- No vape liquid (only preloaded/ non refillable e-cigarettes allowed)
- Dental pics (with sharp objects attached)
- Electronics (no ipods/ipads of any type, mp3 players, cell phones)
- Flower arrangements (or any outside deliveries)
- Food or drink of any kind
- Glass (bottles, breakable mirrors, etc.)
- Hair home permanent solutions (this will be considered upon approval)
- Hand Sanitizer (this will be provided by Serenity)
- Herbal supplements
- Lighters/Matches (we provide a lighter at smoking sections on campus)
- Laundry Detergent, Fabric Softener (liquid or sheets- if there is an allergy this can be approved by medical staff)
- Mailing supplies/envelopes (stamps can be purchased at the gift shop)
- Over the counter medications (this includes allergy medications and all must be approved by nurse/medical)
- Personal bedding of any type (must be approved by Serenity staff)
- Nail polish (with acetone is not permitted/acetone free)
- Pornography of any kind (no magazines, toys, pictures or videos')
- loose powders of any kind (pressed powders must be sealed)
- Personal sewing kits
- Disposable razors
- needles of any kind
- cotton balls
- Radios (these will be provided for you)
- Rubbing Alcohol



- Weapons
- Feminine Products (theses will be provided at the facility and available in Gift Shop)