Long Island Center for Recovery

NEW ADMISSIONS: What to Bring & Restricted Items

Items New Admissions Should Bring

CLOTHING
- One week of comfortable, loose-fitting clothing (one luggage bag only). Pack for both warm and cool weather.
- Sunglasses, hats, and hoods are not permitted to be worn inside the facility.
- Clothing will undergo a precautionary drying process for sanitation—avoid items that could be damaged.

TOILETRIES
- Essential, unopened, alcohol-free items only (toothbrush, toothpaste, soap, shampoo, razor, etc.).
- Travel-size toiletries are available at no cost.

IDENTIFICATION & INSURANCE
- Insurance card, prescription card, and photo ID.

FINANCIAL
- Optional petty cash for vending machines or Friday evening food orders.
- Any co-payments/deductibles as discussed with admissions. Credit/debit card required on file for pharmacy copays.

MEDICATIONS & MEDICAL DEVICES
- All prescription medications in original labeled bottles.
- Physician-ordered medical devices (CPAP machine, glucose meter, etc.).

Items New Admissions Must **NOT** Bring

PROHIBITED PERSONAL ITEMS
- Electronic Devices: Cell phones, laptops, tablets, smart watches, electronic readers, e-cigarettes/vapes. Only a small alarm clock radio (no USB port) allowed.
- Bedding: Sheets, pillows, blankets, towels (facility provides all).
- Clothing: Inappropriate/revealing clothing (tank tops, short shorts, skirts/dresses), or clothing with offensive, provocative, political, or drug/alcohol-related material.
- Personal grooming items containing alcohol (mouthwash, nail polish remover, aerosol sprays).
- Flat or curling irons, clothing irons.
- Food or drink (facility provides meals and snacks).
- Large bags, luggage beyond one bag, purses, instrument cases.
- Medications that are not prescribed to you (unless approved and brought in original labeled containers).
- Candles, incense, or other fire hazards.
- Inappropriate reading or viewing materials.
- Credit cards, insurance cards, money, and other valuables should be placed in medical for safekeeping.

RESTRICTED ITEMS/CONTRABAND
- Items restricted by law.
- Alcohol, drugs, and drug paraphernalia.
- Weapons, including knives, guns, and ammunition.
- Matches, lighters, tobacco products, and smokeless tobacco.
- Office/school supplies from home (supplies provided).
- Sharps/needles (including scissors, knitting needles, metal nail files, keys).

"Let's take the first step together."

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