

**ALL PATIENTS MUST BRING PICTURE ID**

**MARK ALL CLOTHING**

**Please bring a copy of vaccinations and a list of allergies**

**ALL MEDICATION MUST BE IN ORIGINAL BOTTLE WITH CLEARLY MARKED INSTRUCTIONS**

**\*\*\* NO PACKAGES ALLOWED DURING TREATMENT \*\*\***

Jeans  
Long sleeved shirts  
T-Shirts  
Coat, Hat, Gloves  
Tennis Shoes  
Socks (for winter heavy socks)  
Underwear (long underwear in winter months)  
Toiletries (toothpaste, toothbrush, shampoo, razors, etc.)  
Shorts in summer months  
Flip-Flops for shower  
Spending money – allowed \$1.00 per day – Please send to WTC by check  
Writing paper, envelopes, stamps  
Chap Stick

**OPTIONAL**

Phone Cards  
Sweatshirt  
Disposable Camera (no flash cameras)  
Lightweight hiking boots  
Rain Jacket

Because our facility is located on a working cattle ranch, dress is very casual. Please bring clothes that you don't mind getting dirty, and if possible, mark them with your name. Laundry will be done every four days, so bring enough clothes for that kind of time period, but not much more, as storage is limited. We provide bedding and towels.

**DO NOT** bring radios, musical instruments, tape players, walkmans, cd players, mp3 players, ipods, or jewelry. (You will not be allowed to wear jewelry on the wilderness trip.) Also, **DO NOT** bring magazines or books (besides treatment material, AA literature or religious bibles). Chewing gum is not allowed. Please notify us before admission if the patient is on prescribed medication.

**Wilderness Treatment Center is not responsible for personal property brought for the patient's own use.** It is the patient's responsibility to take care of the personal property and to turn in any valuables in their possession. We are not responsible for any belongings left (patients leaving belongings at time of discharge or if a patient leaves the facility against staff advice) or for mailing any articles left at our facility.