



1. Personal Information

- Driver's License or ID
- Insurance Card

2. Wardrobe

- Enough clothing for 7-10 days (laundry detergent is provided)
- Tennis shoes
- Flip flops (or some kind of shower shoe)
- No spaghetti strap tops
- No inappropriate clothing such as sexual, drug, or offensive content
- All shorts and skirts must be fingertip length
- Undergarments should not be visible
- Coat hangers

3. Shower Supplies

- Towel and wash rag
- Enough hygiene items for 30 days
- Shampoo and conditioner
- Bodywash/soap
- Toothbrush and toothpaste
- Mouthwash (*alcohol free*)
- Deodorant (*no aerosol cans*)
- Lotion
- Hair dryer/straightener/curling iron (*no aerosol cans of hairspray*)
- Makeup (limited)
- Qtips
- Pads/tampons
- No perfume, cologne, or body spray
- *No Ethyl Alcohol in the first 3 ingredients of hygiene products*
- *All types of razors will go to the nursing department*

4. Prescription Copay (\$125)

- Prescription copays can be paid with cash, Visa gift card, debit card, or your family can provide a credit card over the phone.
 - Family-Provided Option: Call Manor Pharmacy to provide credit card information. Let the Pharmacy know who the patient is and that he/she is admitting to New Hope Ranch.

Manor Pharmacy (512) 642-8000

Open Monday-Friday during business hours. Closed weekends.



5. Prescriptions

- Prescriptions and vitamins will go to the nursing department. *Any medications or supplements that are not prescribed will not be allowed. We have vitamins at the facility for patient use.*
- **VA patients only:** You must bring a 30-day supply of your prescriptions when you admit.

6. Nicotine (If Applicable to You)

- Bring your own supply of cigarettes to last you during your stay.
- If you cannot bring your own supply of cigarettes, then bring a prepaid gift card or cash for staff to purchase them for you. *Debit/credit cards will not be accepted.*
- Vaping products: Bring unopened juice bottles for vapes. Staff does not go to vape stores to buy juice or coils, but you can order what you need and have it delivered.

7. Extras

- Your cellphone will stay in your therapist's office during your stay. When the first 7 days of "phone blackout" are complete, you will have access to your cellphone or a landline phone during designated times with your therapist present.
- No outside food and drinks (candy, soda, chips, etc). We provide snacks and drinks.
- No outside pillows and blankets unless they are in the original unopened packaging.
- Nothing can have alcohol listed in the ingredients.
- Heating pads are allowed.
- Bring what will make you feel comfortable; book, journal, markers, paints, night light, flashlight, etc.