

## 1. Personal Information

- Driver's License or ID
- Insurance Card

## 2. Wardrobe

- 1 suitcase or duffel bag
- Enough clothing for 5-7 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 (Hygiene supplies must be new and sealed)
- 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.

