



North Country
HEALTH CONSORTIUM



PRE-ADMISSION CHECKLIST

WHOEVER TRANSPORTS YOU TO THE FRINDSHIP HOUSE MUST PLAN TO WAIT AT LEAST 15 MINUTES TO ENSURE APPROPRIATENESS INTO PROGRAM. YOU MUST HAVE A RIDE. PERSONAL VEHICLES ARE NOT ALLOWED ON THE PROPERTY.

A NH Driver's License or NH NON-Driver's Photo ID is required for Admissions

Insurance Cards

\$25.00 for Transportation and \$20.00 for Laundry

BELONGINGS MUST BE BROUGHT TO THE FACILITY IN NO MORE THAN 2 SMALL SOFT DUFFLE BAGS OR 2 SMALL GARBAGE BAGS. NO HARD LUGGAGES. ALL BELONGINGS SHOULD BE HOT DRYER SAFE.

What to Bring:

- ALL Medications. NOTE: All prescriptions must have a script from Doctor, Even OTC meds and vitamins
- Clothing must be appropriate for the season
- No sexually revealing clothing, NO SHORT SHORTS, NO TANK TOPS, NO BATHINGSUITS, NO LEGGINGS
- **NO DRUG OR ALCOHOL ADVERTISEMENTS or OBSCENE MESSAGES/GRAPHICS**
- 7 pairs of pants, shirts, socks, underwear, 3 pairs pajama shirt/pants
- Comfortable footwear, **FLIP FLOPS can only be used as shower shoes**
- Shower shoes to prevent athlete's foot
- Sandals must have a strap around the ankle (Safety reasons)
- LADIES; Bring only the necessities, no excessive amounts of makeup
- Tampons/Pads
- Basic hygiene supplies that **DO NOT CONTAIN ALCOHOL**, (tooth brush/paste, shampoo, deodorant, shaving cream, razors)
- Alarm clock with **NO RADIO**
- Envelopes, stamps, paper, pens, pencils, and spiral notebook
- MP3 player with headphones- the device cannot access the internet, maximum of 4 books
- Bring cash for weekly store run for cigarettes or personal care items. Debit/credit cards will NOT be used for weekly store runs. No money orders
- Cigarettes (It is a federal offense to mail cigarettes)

What NOT to Bring:

- NO ELECTRONIC DEVICES OR WEAPONS OF ANY KIND (CELL PHONE, IPOD, TABLET, LAPTOP Ect.)
- NO Blankets, comforters, or pillows
- NO Magazines OR newspapers
- NO loose tobacco, cigars, pipes, or snuff
- NO excess amount of money and/or valuables
- NO gum, candy, drinks, or snacks

*** NOTE: Unallowable items will be bagged and inaccessible until the end of your stay or sent home with your driver. This includes your cell phone. Please make a list of all contacts and numbers you may need during your stay. ***