



North Country
HEALTH CONSORTIUM



PRE-ADMISSION INFORMATION

ARRIVAL:

1. **You must have a ride to Friendship House AND that person must plan to wait at least 15 minutes to ensure your appropriateness into the program.** Personal vehicles are not allowed.
2. Belongings brought into the facility must be contained in **no more than (2) small soft duffle bags or (2) small garbage bags. No hard luggage allowed. Belongings should be hot dryer-safe.**
3. **Items brought into the facility that are not permitted will be returned to your ride.** If you arrived alone, unallowable or excess items will be bagged and not able to be accessed until the end of your stay. You will be required to sign a release for these items. **Friendship House and North Country Health Consortium are NOT responsible for any lost, damaged, or stolen items. This includes your cell phone.**

WHAT TO BRING

- ✓ **A NH Driver's License or NH NON-Driver's Photo ID is required for Admissions**
- ✓ **ALL Medications. NOTE:** All prescriptions must be a prescription from a doctor, even over-the-counter meds and vitamins
- ✓ Health Insurance Cards
- ✓ \$20.00 for Laundry, non-refundable
- ✓ List of all contacts and numbers you may need during your stay. **No cell phones are allowed. If you bring a cell phone it will be stored and you will not have access to it until discharge.**

CLOTHING APPROPRIATE FOR THE SEASON

- ✓ (7) pairs of pants, shirts, socks, underwear, (3) pairs pajama shirts/pants
 - No sexually revealing clothing
 - No short shorts, tank tops, bathing suits, or leggings
 - No drug or alcohol advertisements or obscene messages/graphics
- ✓ Comfortable shoes and shower shoes
 - If you bring sandals, they must have a strap around the ankle (safety reasons)
 - No flip flops unless using for shower shoes

HYGIENE SUPPLIES: Bring only the necessities. **No products that contain alcohol.**

- ✓ Tooth brush/toothpaste, shampoo, deodorant, shaving cream, razors
 - No excessive amounts of make-up
 - No perfumes or body sprays

OTHER ITEMS:

- ✓ Alarm clock with **no radio**
- ✓ Envelopes, stamps, paper, pens, pencils, and spiral notebook
- ✓ If desired:
 - MP3 player with headphones- the device cannot access the internet
 - Books (4 max)
 - Cash for weekly store run for cigarettes (if 21 y.o.) 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:

- **Electronic devices (cell phone, iPod, tablet, laptop etc.)**
- **Weapons of any kind**
- Magazines OR newspapers
- Loose tobacco, cigars, pipes, or snuff
- Excess amounts of money and/or valuables
- Gum, candy, drinks, or snacks