

packing list

We know the journey of emotional wellness is demanding, so we want to try to help this be as easy as possible for you. The following is a guideline of things you may need to bring for your stay:

Note: Some of the items listed below may be kept in the self-care closet for safety purposes.

ITEMS IT IS VERY IMPORTANT TO BRING:

- A list of all physicians and therapists you have worked with in the past five years
- A list of all prescribed medications you are currently taking
- A list of medications you have previously taken
- A bag containing all of the medications you are currently taking (in pharmacy dispensing bottles, not in day containers), including over-the-counter medications, vitamins, supplements or other remedies. We are not able to accept sample packs of medications.
- Any medical records you are able to obtain. Please fax these to Brookhaven Retreat's confidential fax line, 865-609-6216 for our medical team to review. Please know that providing Medical Records before admission can enhance the care and services.
- If you are leaving another service, please have the hospital and/or facility fax a discharge summary and medical notes to our confidential fax line listed above, along with a signed Brookhaven Retreat Release.
- Your medical insurance card for your prescription medications and method of payment for co-pays
- A drivers license or photo ID (e.g. passport, school ID)
- Closed toe shoes for Equine Therapy and Ropes Course
- Toiletries (personal body sponge, deodorant stick, body lotion, face cream, powder, make up)
- Hair accessories (dryer, hair spray, shampoo, conditioner, etc.)
- Toothbrush, toothpaste, floss
- Nail clippers, tweezers, paper nail file (sharps are stored in your personal self-care box)
- Electric razor (A wet razor can be used daily, but when not in use is kept in a person self-care box for safety)
- An iPod that has been loaded from your computer with your music preference
- Additional supplies can be obtained from nearby retailers such as Wal-Mart and Target, which are a short trip away
- We have white noise machines, but if you want to bring your own, let us know
- Photos of those who are important to you (no glass in frames)
- Up to \$200 in cash (Any cash in excess of \$200 will be transferred to a debit card)
- A credit or debit card for any purchases you may need (e.g. hair salon, extra clothing, or personal disposables)
- Swim suit if you like to swim (There is no swimming onsite, but there is an indoor heated pool at the local fitness center)
- Gym gear and tennis shoes if you like to work out
- Some people like to bring a Bible, daily inspiration, or meditation
- Address book with your contact addresses and phone numbers

ITEMS YOU SHOULD CONSIDER BRINGING:

- Comfortable clothing – laundry facilities are available and we provide “All Free and Clear” Detergent and “Bounce Free and Sensitive” Dryer Sheets. **Check our local weather data** and seasonal data so that you can plan for your trip
- Robe, nightgowns, pajamas, slippers, sweatshirt, jacket
- Comfortable shoes and socks/hose
- A warm jacket for working with the horses (some like to bring gloves)
- Purse or wallet
- Wristwatch
- Hat/visor, sunglasses
- Although we have all linen supplies, some like to bring their own favorite blanket and pillow

ITEMS YOU SHOULD CONSIDER LEAVING AT HOME:

- Anything breakable
- Sharp objects that could be dangerous
- Products with alcohol-based ingredients (e.g. Listerine)
- Valuables/jewelry (other than what you wear daily)
- Laptops (We have computers that you may have access to)
- Additional reading material (You will be provided reading material as part of the program)
- Any intimate items