

PACKING LIST

PREPARING FOR ADMISSION

- Arrive at campus 15 minutes prior to the appointment time.
- **A driver's license or valid photo ID** and **insurance/pharmacy cards** are needed for patient registration. A **credit card** is also needed to be kept on file for pharmacy charges.
- **Prescription medications that are currently being taken should be brought.** (These must be in their original prescription bottles.)
- **Over-the-counter medications** and **supplements** that are taken regularly should also be brought. (Controlled substances and/or paraphernalia will be destroyed. Expired medications must also be destroyed.)
- **Valuables and cash should be left at home.** Cash, credit cards, etc. can be kept in our financial department's safe if needed. Incidentals may be purchased in the bookstore with a credit card.
- Cessation of the use of **tobacco/nicotine products** is strongly encouraged. However, unopened packs of cigarettes may be brought. **Vaping** is permitted with a disposable non-refillable vape only. Vapes must be brought in an unopened and sealed package and will be inspected prior to use. Smoking and vaping are permitted in designated outdoor areas only.

TRANSPORTATION

- We can provide transportation to our campus from the Nashville airport, bus station, or other local areas. Contact us to make those arrangements.
- If driving to campus, a family member or support person is required to drive. If there are any transportation concerns or needs, please contact us so we can assist.
- The support person must remain here during the admissions process.

UPON ARRIVAL FOR ADMISSION

- Upon arrival at campus, please stop at the Welcome Center. Security will provide directions to the Admissions parking lot. Staff will greet you there and assist with your luggage.
- Patients meet with a nurse for an initial health screening to assess immediate healthcare needs.
- An admissions counselor will be available to answer questions about treatment.
- Admission paperwork will be completed at this time including signed releases for people that will also be involved in the treatment and recovery process.
- Cell phones may be used during the admissions process. After admission, they are securely stored.

WHAT TO BRING

- Belongings are limited to **two pieces of luggage**.
- **Multi-pocket backpacks** may be used for luggage but must remain in patient rooms after admission. They may not be carried on campus. A **single-compartment drawstring backpack** or **tote bag** to carry personal items may be used. (These can be purchased in our bookstore if needed.)
- **Modest, comfortable clothing and shoes that are appropriate for all types of weather.** Shirts should cover the shoulders and midriff. Pants or other clothing should be free of holes or rips. Yoga pants are allowed, but we ask that a longer tunic length shirt be worn over them. Tennis shoes are needed for some activities. An umbrella or other rain gear.
- **Seven days' worth of clothing.** Cumberland Heights provides washers, dryers, and detergent. A laundry bag is also suggested to carry clothes to the washroom.
- **Unopened, alcohol-free, and aerosol-free** personal hygiene/cosmetic products. Note: Products that are considered alcohol-free must not have alcohol or alcohol derivatives (ethanol, ethyl, methyl, ethylene, isopropyl, methanol, stearyl, cetearyl, propyl, etc.) listed in the first three ingredients.
- If bringing **makeup** or beauty products, these must be new and unopened.
- **12-step, religious, or spiritual reading materials** may be brought in. Therapeutic coloring books, plastic crochet and knitting needles are allowed, but we ask that any puzzles, games, or other arts & craft materials be left at home including markers and sharpies.
- **Cell phone, charger, and headphones** - Patients have limited access to their cell phones on certain days and at designated times.

WHAT NOT TO BRING

- **Weapons are prohibited** – This includes firearms, pocket-knives, mace, straight razors, metal fingernail files, etc. (Please remove these from bags and vehicles before arriving at campus.)
- Alcohol and drugs (Please remove these from bags and vehicles before arriving at campus.)
- Smart watches, cameras, computers, tablets, heating pads/blankets, or other electronic devices.
- Refillable electronic vapor-producing products, loose tobacco, pipes, cigars, open cigarettes, open dip, and refillable lighters.
- Clothing or other belongings that have words, designs, or logos related to alcohol, drugs, sexual behavior, or any offensive or controversial material.
- Bandanas and body jewelry. (Hats and hoodies are to be removed while inside buildings.)
- Hemp products, perfume/cologne, aftershave, body spray, nail polish/remover, and whitening strips.
- Cleaning supplies, disinfecting wipes, hand sanitizer, and air fresheners.
- Detergent and dryer sheets. (Detergent is provided by the facility.)
- Food, candy, mints, gum, and beverages.
- Musical instruments should be left at home unless approved by the treatment team. (Professional musicians may speak with staff about time for practicing.)