

What Should I Bring to Drug Rehab for a Better Stay?

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You've made the huge step of checking yourself into inpatient rehab. Congratulations. This is a major step towards beating addiction and living an addiction-free life.

The next step is to decide what to bring to drug rehab to make your stay at the addiction treatment center more comfortable. Every rehab is different and has its own list of prohibited items and guidelines to follow so be sure to confirm with them first before packing.



What to bring to drug rehab 5 common items:

1. Seasonal clothes

It's recommended that you pack enough clothes for a week. These should be clothes that you're comfortable in. Choose clothes that will suit the location of the rehab as well as the time of year you'll be going there. Also include some gym or working out clothes and some comfortable sneakers for any outdoor activities. You may also carry some everyday jewelry such as a watch or a ring but leave any expensive pieces behind.

2. Unopened toiletries and hygiene items

You may also carry basic hygiene items and toiletries that you use daily. Most rehabs recommend that these be unopened and unused when you report for your first day. Some common items include a toothbrush and toothpaste, shampoo and conditioner, basic makeup, and a hairbrush or hairdryer. As you pack, check the items to ensure that they don't contain alcohol as this will likely not be allowed e.g. items like mouthwash or nail polish remover.

3. Medication

You may be allowed to still use some of the medication you take, depending on what they are for. To be on the safe side, confirm this with your rehab before packing them. Ensure that the medication you carry is still in its original packaging with its original label.

4. Important documents

You're allowed to bring important documents along with you. These include some form of identification like your state-issued ID or driver's license and any prescription cards for medication. Also, carry your health insurance card for the rehab's records.

5. Books or a Journal

You'll have some downtime once your therapy and rehab sessions are over for the day. To occupy this spare time, bring along a book to read or a journal where you can jot down your thoughts or document your recovery process.

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At Evolve Indy, we're committed to helping people recover from their addiction whether they're in a residential or [outpatient treatment program](#). We also offer [partial hospitalization](#) as well as [intensive outpatient treatment programs](#) as part of the recovery process.

[Our staff](#) is made up of a team of qualified and experienced addiction treatment specialists who are ready to work with you from the first day.

Don't let addiction control you. Take charge and [get in touch](#) with us today.

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