

Badlands Recovery Center
Suggested Packing List

It is suggested that each client only bring approximately one week of clothing. Below is a list which reflects what items you should bring with you; what items you may not have in your room but we will store for you as well as what items we must destroy and will not store.

ITEMS YOU MAY BRING AND KEEP IN YOUR ROOM:

1. Shirts (short sleeve and long sleeve)
2. Blouses
3. Sweatshirts; Coat; Hats
4. Jeans; Slacks; Sweatpants
5. Basketball Shorts
6. Underclothing (boxers; briefs; bras; thongs etc.)
7. Socks & Slippers
8. Shoes (closed toe max of 3 pairs)
9. 1 pair of shower shoes
10. Pajama items
11. Postage stamps and envelopes
12. Hair Dryer; Curling Iron; Flat Iron
13. Razors (includes electric razor & disposables)
14. Alarm Clock; Watch
15. Winter Items (gloves; hats; boots; snow pants)
16. Hygiene Items (non-aerosol only; no alcohol content) toothbrush; toothpaste; denture items; shampoo; conditioner; body wash; hand soap; mouth wash; deodorant; shaving cream; lotion; hair brush; bar soap etc.
17. Feminine Products (tampon; panty liners; pads)
18. Water Bottle w/ lid
19. Coffee Cup w/lid
20. Belt
21. Makeup Items: (no adhesives) mascara; foundation; blush; eye shadow; eye liner; small makeup bag; emery boards; etc.
22. Pens; pencils; colored pencil; markers (please limit to 10-20 maximum of each item)
23. Room decorations such as family photos
24. Tank Tops are allowed as undershirts only!
25. AA Book; Holy Book; 12 step books or other self-help books.
26. Rings; necklaces; earrings
27. Blankets, sheets etc. (no down filling allowed)

Items we will store but you may not have:

1. Electronic items (cell phone; tablets; ear buds; charging cords;
2. Suitcase (may not be bigger than 62 linear inches)
3. Photo ID's; Social Security Card; Health Insurance Cards; Debit/Credit Cards

4. Food Items that are factory sealed and within reason
5. Miniskirts or short shorts
6. Towels, comforters, pillows, washcloths, loofahs etc.
7. No over the counter medications
8. Expensive Jewelry items
9. Body Sprays; Colognes; perfumes; after shave lotions
10. Hobby or Craft Items such as: playing cards; board games; sewing items, etc.
11. Weapons or any item that can be used as a weapon, including straight edge razors.
12. Purse; wallet; billfold; etc.

Items we will destroy:

1. Any tobacco and or nicotine related products (cigarettes; electronic cigarettes; vape pens; chew; any product containing tobacco)
2. Any item containing lighter fluid
3. Food items that are not factory sealed.

Some Notes:

- A. **Badlands Recovery Center is not responsible for personal belongings and cannot be held liable to replace lost, damaged or stolen items.**
- B. **Laundry detergent and facilities are available to clients at no charge**
- C. **Bedding and towels will be provided.**
- D. **All clients are responsible for doing their own laundry, including towels & bedding.**
- E. **Please be advised that BRC is a tobacco free facility. Clients may bring FDA approved nicotine patches for use during the entire duration of their stay, but will be tapered off patches that BRC provides.**
- F. **You will be allowed to carry a maximum amount of \$20. We have two soda machines on campus you may use for this. Any other money amounts will be stored.**
- G. **Low cut clothing articles will not be allowed.**
- H. **No alcohol/bar/drug/gang logos are allowed on any articles.**
- I. **You will commute between two buildings with a covered breezeway. Please bring proper attire dependent on what season it is. (winter time proper coat etc.)**

Welcome to Badlands Recovery Center (BRC).

BRC is a state approved facility providing inpatient treatment for the disease of addiction-specifically substance abuse disorders.

Some of the services offered at BRC are described below.

WHAT YOU NEED TO KNOW: Once you are admitted for treatment:

Transportation: Please arrange transportation to come for treatment. We recommend that you have someone drive you here. When you are ready to leave, it is best if you have a support person to come and pick you up to take you to the next step in your treatment. BRC may offer assistance with travel arrangements. **Clients should not travel to BRC in their personal vehicles as there is insufficient long-term parking for client vehicles. In addition, BRC cannot safeguard client vehicles from theft or damage thus the facility encourages clients to obtain other transportation to the facility.**

NO drugs or alcohol are allowed. Introducing drugs, alcohol or illegal substances to the facility may result involvement with law enforcement and immediate dismissal from the program.

NO tobacco or tobacco related products- NO smoking- NO CHEW; no nicotine products such as vapes, or vape pens. (These items will be destroyed)

You will have a roommate and share a bathroom area with them. There is a common shower area located on the hallways.

Your personal cell phone will be placed in a secure area upon check in and returned upon departure. Please get any important phone numbers onto a list prior to admissions. A phone is provided by BRC for your use while you are here.

Visitors: Visitation is available for clients at BRC. This is scheduled individually as appropriate and coordinated with your counselor.

Length of Stay: no one graduates from this program. This is a beginning of a life long journey. Each individual's stay here is unique and may last a maximum of 31 days.

Financial Affairs: Client rates are based upon "ability to pay" using a sliding scale fee. We will contact you before you arrive or upon arrival to complete a financial assessment for you.

Treatment is based on a medical model of care including a comprehensive assessment, individual treatment planning and continued care planning: Individual treatment includes such services as: withdrawal treatment (detoxification), group and individual counseling and therapy, skill-based training, relapse prevention. **Random UA's will be conducted.**

Admissions Date and Time: You will receive an arrival date and time. Please contact us as soon as possible if something unusual happens that may change the appointed date and/or time.

Exercise and Recreation: BRC has exercise equipment that can be accessed by the clients. Outside activities such as basketball, cornhole and horseshoe pits are available to use outside (weather permitting).

Mail Services: Mail is daily, except Sundays. Clients must provide their own stamps. All incoming parcels will be opened in the presence of BRC staff.

Attention to those who are taking the bus home from BRC:

Jefferson lines will allow one carry-on bag for free but it must fit in the overhead compartment or underneath your seat with a maximum weight of 25 pounds and one piece of luggage to be placed in the under storage of the bus which cannot weight more than 50 pounds or be larger than 62 linear inches. Any additional bag for the under storage is an additional \$20.

Cape Air will allow one 1 checked bag not to exceed 50 pounds or 62 linear inches plus 1 gate-checked bag sufficiently small and lightweight to be cleared through airport security screening not to exceed 45 linear inches plus 1 personal item not to exceed 36 linear inches. You must have an official ID Card in order to fly. (linear inches is determined by adding length + width + height).