



# Eastern Oregon Alcoholism Foundation

## Substance Abuse & Detoxification Services

### LIST OF WHAT TO BRING

EOAF, Inc.  
Celebrating 60 years  
1960 - Present

#### PERSONAL CARE ITEMS

- Shampoo and Conditioner
- Toothbrush and Toothpaste
- Deodorant
- Soap
- Shaving equipment
- Feminine hygiene products

#### SHOES

- Comfortable shoes
- No open-toed shoes
- Tennis shoes to use for activities
- Slippers

#### CLOTHING Limited to 7 days' supply ONLY

- Appropriate outerwear
- Sleep wear/bathrobe
- Long pants for groups
- Shirts, blouses, sweaters
- Sweatshirts
- Knee length shorts only
- Long skirts or dresses
- Underwear and Socks

#### TREATMENT MATERIALS

- AA/NA Self Help books
- Letter writing materials (pens, pencils, notebooks, stamps, envelopes, 2-inch ring binders)
- Treatment related books
- Cell phones and chargers (Level 4)
- Headphones or earbuds

#### MEDICAL CONCERNS

- Medical card/ insurance information
- Doctor's note for self-administering medications
- Prescription medications - 90-day supply
- Over the counter medications with Doctor's order
- Information about upcoming court, OHS or medical appointments

#### OTHER / IDENTIFICATION

- Oregon Trail Card
- Picture ID
- Social Security Card
- Birth Certificate
- Debit Cards for SSI/Child Support

#### OPTIONAL

- Personal bedding and towels
- Family pictures
- Jewelry limited to wedding ring, Med. ID, watch, religious items & items currently wearing.
- Cash (no more than \$100)
- Funds held in Trust Account
- Alarm clock- No clock radio
- Candy
- Cigarettes/Lighters

#### **DO NOT BRING THESE ITEMS**

<b>Radios, CD/DVD/MP3 video games/players, Audio/Video Tapes, iPad or computers</b>	<b>Any item that contains alcohol including cough syrup, mouthwash, aftershave, perfume/cologne. Alcohol must be listed as the 5th ingredient or further</b>
<b>Vehicles</b>	<b>Clothes with holes</b>
<b>Weapons including pocket or belt knives</b>	<b>Flip flops</b>
<b>Books or magazines that are not recovery oriented</b>	<b>Aerosol sprays</b>

**NOTE:** Storage space is limited. Bring **NO MORE** than 7-days' supply of clothing. You must be able to fit personal items in a four-drawer dresser. Limit children's clothing and toys. Laundry is available two times a week.