



# LUMINA

*at the Manor*

## self care checklist

- A list of names, addresses, and phone numbers of those you wish to have involved in your treatment (e.g., loved ones, health care professionals, 12-step sponsors, etc.).
- Jewelry that you wear every day and consider a necessity, such as a wedding ring or watch. Otherwise, leave valuable items at home.
- Your current prescription medication in the original pharmacy bottle with the information label intact. Any liquid medication must be new and sealed. You should also bring a list of all your medications and dosages.
- A small amount of cash (\$20 to \$30 in smaller bills for outings).
- Your checkbook, credit card, or debit card to pay for treatment medications that your insurance does not cover.
- Your insurance cards and a form of identification (e.g., driver's license, passport, etc.).
- A notebook or journal.
- Stamps and envelopes if you wish to mail letters.
- Pictures of your loved ones to keep in your room or wallet.
- Books for reading. Lumina will likely provide reading materials, but if you want to bring your own, they are usually required to be recovery self-help or spiritually oriented.

Tip: Bring paperback books as they are easier to carry around than hardcovers.

## Personal Hygiene

1. Deodorant
2. Toothbrush and toothpaste
3. Shampoo and conditioner
4. Hair styling products
5. Comb or brush
6. Lotion

Note: No razors allowed



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## Clothing

- Pants
- Shorts (must not be shorter than 3 inches above the knee).
- Socks
- Undergarments
- Shower shoes (optional).
- Pajamas
- Coat/Jacket
- Bathrobe
- Washing powder of your choice (if you prefer not to use the facility's detergent).
- Belt
- Hat
- Cigarettes (if you smoke). Cigarettes must be in a new package. No vapes, rolling tobacco, tobacco pouches, or other tobacco products are allowed.

## Notes

1. Please make sure you have enough clothes to last for seven days.
2. Bring outdoor shoes suitable for activities.
3. No over-the-counter medications unless they are unopened.
4. If you are unable to bring clothes or shoes, we have a clothes closet where you will be able to find clothes.