



Harmony Women's Residential Program
Items to Bring to Treatment
3500 W. 4th Street
Sioux City, IA 51103
712.226.1839

Medication

- If you take prescription medication or over the counter medications, please bring all bottles of medication with you.
- Please put all of these medications into one ziplock bag to bring with you.
- We ask that you also bring \$50 for any prescriptions that may need to be ordered including nicotine replacement as we are unable to supply you with medication.

Documentation

- insurance ID Cards
- drivers license or identification card

Clothing

- long pants
- shirts with sleeves (no see-through, sleeveless, drug/alcohol logos)
- sweaters
- coat
- shorts
- underwear, socks, etc.
- tennis shoes
- pajamas & robe
- slippers
- shower shoes/flip flops with good traction

Personal Hygiene (we do not allow personal hygiene items containing alcohol)

- shampoo & conditioner
- razor & shaving cream
- body soap
- toothbrush & toothpaste
- feminine hygiene products (if applicable)
- deodorant
- laundry detergent

Optional Items

- alarm clock/clock radio
- small pictures of family/friends (no glass frames)
- phone card
- spending money for pop machines
- letter-writing supplies and stamps (can purchase here if needed)
- notebooks
- pens
- fan
- reading glasses

Smoking

- smoking is **not** allowed anywhere in/outside the building
- Nicotine patches or \$60 for patches on arrival

Do Not Bring

- illegal drugs or alcohol
- weapons of any kind
- personal pillows or blankets (they will be provided)
- baseball caps, hats or sunglasses
- magazines, books, etc. unless they are related to treatment and approved with staff
- hair clippers
- food items; pop, candy, etc.
- tape recorders, tapes, or mp3 players unless approved by treatment staff for relaxation/meditation
- cameras

Thanks for choosing Harmony Women's Program!

