



**Synergy Center Program
Items to Bring to Treatment
1267 W. Cedar Loop
Cherokee, IA
712-225-2441**

Medication

- If you take prescription medication or regularly use over the counter medication, bring a 30-day supply of the medication with you.
- Please bring all your medication (including any topical or over the counter).
- Please put all of these medications into one ziplock bag to bring with you the day you admit to treatment.
- We ask that you also bring \$50 for any prescriptions that may need to be ordered 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 (electric razors only, no hair clippers)
- body soap

- toothbrush & toothpaste
- feminine hygiene products (if applicable)
- deodorant

Optional Items

- favorite pillow or comforter (we furnish linens & pillows)
- favorite laundry detergent (we furnish generic)
- alarm clock/clock radio
- small pictures of family/friends
- phone card or change for pay phone (international phone cards do not work)
- spending money for pop machines
- cigarettes (if applicable)
- letter-writing supplies and stamps (can purchase here if needed)
- notebooks
- pens
- fan
- reading glasses
- tylenol/ibuprofen

Smoking

- smoking is not allowed anywhere in the building
- designated smoking area is provided and can be used as scheduled times
- breaks are scheduled regularly throughout the day, except when in treatment activities
- please dispose of cigarettes in the ashtrays/receptacles provided to keep our area neat

Do Not Bring

- illegal drugs, prescription narcotics, or alcohol
- weapons of any kind
- 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 the Synergy Center!

