



North Country
HEALTH CONSORTIUM



PRE-ADMISSION CHECKLIST

WHOEVER TRANSPORTS YOU TO THE FRIENDSHIP HOUSE MUST PLAN TO WAIT AT LEAST 15 MINUTES TO ENSURE YOUR APPROPRIATENESS INTO THE PROGRAM. YOU MUST HAVE A RIDE. PERSONAL VEHICLES ARE NOT ALLOWED ON THE PROPERTY.

*** **NOTE:** Unallowable items brought into the facility will be returned to your ride. If you arrived solo, these items will be bagged and inaccessible until the end of your stay. You will be required to sign a release for these items. **Friendship House and North Country Health Consortium are NOT responsible for any lost, damaged, or stolen items. This includes your cell phone.**

Please make a list of all contacts and numbers you may need during your stay. ***

- ✓ A NH Driver's License or NH NON-Driver's Photo ID is required for Admissions
- ✓ Insurance Cards
- ✓ \$25.00 for Transportation
- ✓ \$20.00 for Laundry

BELONGINGS BROUGHT INTO THE FACILITY MUST BE CONTAINED IN NO MORE THAN (2) SMALL SOFT DUFFLE BAGS OR (2) SMALL GARBAGE BAGS. NO HARD LUGGAGES ALLOWED. ALL BELONGINGS SHOULD BE HOT DRYER-SAFE.

What to Bring:

- ALL Medications. **NOTE:** All prescriptions must be an Rx from a doctor, even over-the-counter meds and vitamins
- Clothing that is appropriate for the season
- (7) pairs of pants, shirts, socks, underwear, (3) pairs pajama shirts/pants
- No sexually revealing clothing, NO SHORT SHORTS, TANK TOPS, BATHINGSUITS, OR LEGGINGS
- **NO DRUG OR ALCOHOL ADVERTISEMENTS or OBSCENE MESSAGES/GRAPHICS**
- Comfortable footwear - **FLIP FLOPS can only be used as shower shoes**
- Shower shoes to prevent athlete's foot
- Sandals must have a strap around the ankle (Safety reasons)
- LADIES: Bring only the necessities, no excessive amounts of makeup
- Tampons/pads
- Basic hygiene supplies that **DO NOT CONTAIN ALCOHOL**, (toothbrush/paste, shampoo, deodorant, shaving cream, razors)
- Alarm clock with **NO RADIO**
- Envelopes, stamps, paper, pens, pencils, and spiral notebook
- MP3 player with headphones- the device cannot access the internet, maximum of (4) books
- Bring cash for weekly store run for cigarettes or personal care items. Debit/credit cards will **NOT** be used for weekly store runs. No money orders
- Cigarettes (It is a federal offense to mail cigarettes)

What NOT to Bring:

- ELECTRONIC DEVICES OR WEAPONS OF ANY KIND (CELL PHONE, IPOD, TABLET, LAPTOP etc.)
- Blankets, comforters, or pillows
- Magazines OR newspapers
- Loose tobacco, cigars, pipes, or snuff
- Excess amounts of money and/or valuables
- Gum, candy, drinks, or snacks