



North Country
HEALTH CONSORTIUM



PRE-ADMISSION INFORMATION

ARRIVAL:

- 1. You must have a ride to Friendship House AND that person must plan to wait at least 15 minutes to ensure your appropriateness into the program.** Personal vehicles are not allowed.
- 2. Belongings brought into the facility must be contained in no more than (2) small soft duffle bags or (2) small garbage bags. No hard luggage allowed. Belongings should be hot dryer-safe.**
- 3. Items brought into the facility that are not permitted will be returned to your ride.** If you arrived alone, unallowable or excess items will be bagged and not able to be accessed 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.**

WHAT TO BRING

- ✓ **A NH Driver's License or NH NON-Driver's Photo ID is required for Admissions**
- ✓ **ALL Medications. NOTE:** All prescriptions must be an Rx from a doctor, even over-the-counter meds and vitamins
- ✓ Health Insurance Cards
- ✓ \$25.00 for Transportation
- ✓ List of all contacts and numbers you may need during your stay. **No cell phones are allowed. If you bring a cell phone it will be stored and you will not have access to it until discharge.**

CLOTHING 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, bathing suits, or leggings
 - No drug or alcohol advertisements or obscene messages/graphics
- ✓ Comfortable shoes and shower shoes
 - If you bring sandals, they must have a strap around the ankle (safety reasons)
 - No flip flops unless using for shower shoes

HYGIENE SUPPLIES: Bring only the necessities. **No products that contain alcohol.**

- ✓ Tooth brush/toothpaste, shampoo, deodorant, shaving cream, razors
 - No excessive amounts of make-up
 - No perfumes or body sprays

OTHER ITEMS:

- ✓ Alarm clock with **no radio**
- ✓ Envelopes, stamps, paper, pens, pencils, and spiral notebook
- ✓ If desired:
 - MP3 player with headphones- the device cannot access the internet
 - Books (4 max)
 - Cash for weekly store run for cigarettes (if 21 y.o.) 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 (cell phone, iPod, tablet, laptop etc.)**
- **Weapons of any kind**
- Magazines OR newspapers
- Loose tobacco, cigars, pipes, or snuff
- Excess amounts of money and/or valuables
- Gum, candy, drinks, or snacks