STILL WATERS
of cumberland heights

PACKING LIST

PREPARING FOR ADMISSION

- Arrive at campus 15 minutes prior to the appointment time.
- **A driver's license or valid photo ID** and **insurance/pharmacy cards** are needed for patient registration. A **credit card** is also needed to be kept on file for pharmacy charges.
- **Prescription medications that are currently being taken should be brought.** (These must be in their original prescription bottles.)
- **Over-the-counter medications** and **supplements** that are taken regularly should also be brought. (Controlled substances and/or paraphernalia will be destroyed. Expired medications must also be destroyed.)
- **Valuables and cash should be left at home.** Cash, credit cards, etc. can be kept safe if needed. Incidentals may be purchased in the bookstore with a credit card.
- Cessation of the use of **tobacco/nicotine products** is strongly encouraged. However, unopened packs of cigarettes may be brought. **Vaping** is permitted with a disposable non-refillable vape only. Vapes must be brought in an unopened and sealed package and will be inspected prior to use. Smoking and vaping are permitted in designated outdoor areas only.

TRANSPORTATION

- We can provide transportation to our campus from the Nashville airport, bus station, or other local areas. Contact us to make those arrangements.
- If driving to campus, a family member or support person is required to drive. If there are any transportation concerns or needs, please contact us so we can assist.
- The support person must remain here during the admissions process.

UPON ARRIVAL FOR ADMISSION

- Important paperwork will be completed at this time. This includes signed releases for any individuals that may be involved in the treatment process. Please ensure you have the full legal name, complete address, phone number, and email address for each person. At least one of these individuals will need to be designated as an emergency contact.
- Upon arrival at campus, please stop at the Welcome Center. Security will provide directions to the Admissions parking lot. Staff will greet you there and assist with your luggage.
- Patients meet with a nurse for an initial health screening to assess immediate healthcare needs.
- An admissions counselor will be available to answer questions about treatment.
- Cell phones may be used during the admissions process. After admission, they are securely stored.

WHAT TO BRING

- Belongings are limited to **two pieces of luggage.**
- **Comfortable clothing and shoes that are appropriate for all types of weather.** (Shirts need to cover the shoulders, chest, and midriff. Pants/shorts need to fully cover the waist, buttocks, and thighs. Clothing should be free of mesh, holes, or rips.)
- **Seven days' worth of clothing.** Cumberland Heights provides washers, dryers, and detergent. A laundry bag is also suggested to carry clothes to the washroom.
- Tennis shoes for some activities.
- An umbrella or other rain gear.
- Alcohol-free, and aerosol-free personal hygiene/cosmetic products. Note: Products that are considered alcohol-free must not have alcohol or alcohol derivatives (ethanol, isopropyl, etc.) listed in the first three ingredients.
- All essential toiletries and beauty products must fit inside a small toiletry bag. These should be limited to essentials only.
- **12-Step–approved literature (such as AA/NA materials)** and one spiritual book of your choice may be brought. Therapeutic coloring books, plastic crotchet, and knitting needles are allowed, but we ask that any puzzles, games, or other arts and craft materials be left at home including markers and sharpies.
- **Cell phone, charger, and headphones** - Patients have limited access to their cell phones on certain days and at designated times.

WHAT NOT TO BRING

- **Weapons are prohibited** – This includes firearms, pocket-knives, mace, straight razors, metal fingernail files, etc. (Please remove these from bags and vehicles before arriving at campus.)
- Alcohol and drugs (Please remove these from bags and vehicles before arriving at campus.)
- Smart watches, cameras, computers, tablets, heating pads/blankets, or other electronic devices.
- Refillable electronic vapor-producing products, loose tobacco, pipes, cigars, open cigarettes, open dip, and refillable lighters.
- Clothing or other belongings that have words or designs with controversial messages. (Alcohol, drugs, sexual, political, etc.)
- Hemp products, perfume/cologne, aftershave, body spray, nail polish/remover, eyelash glue, and whitening strips.
- Cleaning supplies, disinfecting wipes, hand sanitizer, and air fresheners.
- Detergent and dryer sheets. (Detergent is provided by the facility.)
- Food, candy, mints, gum, and beverages.
- Musical instruments should be left at home unless approved by the treatment team. (Professional musicians may speak with staff about time for practicing.)