

## Kootenai Health Chemical Dependency Services

2301 Ironwood Place  
Coeur d'Alene, ID 83814  
(208) 625-4848 PHONE  
(208) 625-5774 FAX

### Suggested Items for Patients to Bring

Jeans/slacks (3-4 pair)  
Sweater/sweatshirt/jacket  
Pajamas/nightgown  
Underwear  
Gym clothes (sweats, athletic shoes, socks, etc.)  
Cell phone/tablet/music devices  
\*\* (These items will be locked up/checked out on a limited basis at staff's discretion) \*\*

1 week's supply of shirts  
Two pairs of comfortable shoes-one athletic pair  
**List** of all prescription meds-do not bring meds from home  
Stationery supplies/stamps  
AA and/or 12x12 book (if you own them)

### Clients Are Encouraged to Dress Comfortably and Casually

- Suggestive or sexually provocative clothing is not allowed
- Please no spaghetti strapped tank tops, tube tops, or muscle shirts
- Limit the amount of clothing you bring-a washer/dryer is available to use on a regular basis
- Delicate clothing that require special cleaning attention is discouraged
- **TOBACCO USE IS PROHIBITED ON KOOTENAI HEALTH PREMISES**
- No books/magazines that are unrelated to treatment-spiritual/inspirational books are ok
- Please note: You will be sharing a room with another patient and you may be asked to switch rooms more than once during your stay

### Items Not Allowed

- Any mood altering chemicals
- Incense
- Anything that can be used as a weapon (pocket knives, etc.)
- Rubber cement
- Alcohol/drugs of any kind
- Bandanas/hats
- Clothing, jewelry, posters, etc., which promote drugs, violence, nudity, etc.
- Mouthwash, cold syrups, or any products containing alcohol
- Non-prescription medications
- Gum, candy, soda, or other snacks-other than individually wrapped hard candy in unopened packages
- White out or other inhalant abused products
- Permanent markers
- Aerosol products of any type: perfume, cologne, scented lotions, etc.

\*Nicotine products may be brought to the unit in factory-sealed packages (cigarettes, e-cigarettes, chewing tobacco, and paraphernalia such as cartridges and oils) for use when attending off-campus 12-step meetings on the weekends. All items will be locked up and checked out for this purposes.

**This list includes most items considered contraband. Our program reserves the right to confiscate other items that are deemed harmful to recovery. All items deemed inappropriate will be confiscated and returned upon discharge.**