



WHAT TO PACK GUIDE

Basic Items Needed:

- Prescribed medications if applicable (and a credit card or cash for co-pays/prescriptions).
- ****Driver's license, insurance card AND prescription card if different from medical insurance card****
- Enough comfortable wash and wear clothing for 5-7 days. We provide washers/dryers, detergent, iron, and ironing board.
- One or two "dressy" items for Family Night.
- Exercise clothing, including one-piece bathing suit for women (no exceptions), exercise shoes.
- Comfortable shoes. You may want to include sandal types for summer or warm slippers for winter.
- Appropriate sleepwear.
- Sweaters/Jackets for Fall-Spring or light jacket/sweatshirt for summer.
- Summer wear: walking shorts, T-shirts, hat, sunscreen SPF 15 or higher. (Clothing must cover mid-section/stomach completely and have an appropriate neckline for women residents, no short shorts or spaghetti strap type tank tops).
- Toiletries: toothbrush, toothpaste, hair products, deodorant, hair dryer, LIQUID body wash, lotion, shaving supplies. (NO PRODUCTS CONTAINING ALCOHOL– Please note this for mouthwash).
- We do allow "eCigarettes" or "vape" electronic cigarettes (liquid can/will be tested for substances at any time). If you smoke regular cigarettes, please bring enough cigarettes for 30 days. Cornerstone does not purchase cigarettes for any clients. We do not allow any type of chewing tobacco, hand rolled cigarettes, flavored or scented cigarettes, or cloves. Nicorette gum or nicotine patch are acceptable.
- Dark sunglasses are allowed outdoors only.
- Small travel alarm if desired.
- NOTE: It is advisable to pack a small bag with essentials for your immediate 24-hour needs as your baggage may not be available until staff can check it.

We Do Not Allow:

- No outside food or drinks, including water, candy, or chewing gum while in Detox or Inpatient Residential. We maintain a moderate sugar and fully caffeine free environment while in these programs. Filtered water is available in all kitchens.
- Laptops, tablets/iPads, music equipment, TV's, DVD players, iPods/MP3 players will be held for you until you are out of Detox/Residential. Computer and Internet access is available but limited to case manager approval at the client kiosk. This is usually based on compliance and attendance to all program activities.
- Please leave exercise equipment at home.
- No products containing alcohol.
- No expensive jewelry or excessive cash.
- No tanning oils, other self-tanning products, hair dye, or bleaching products.

Additional Information:

- The mailing address for all Cornerstone homes is:
(Client Name)
1950 E 17th St #150
Santa Ana, CA 92705
- Any packages will be opened in front of staff.

Telephone and Visitation:

- Cell phones are not permitted while in Detox or higher level Inpatient Residential. We ask that calls for the first 72 hours are limited to emergencies as we would like you to integrate to our program and allow loved ones to know you are in a safe place and being cared for. Calls during this time may be supervised by staff.
- Incoming calls to residents in Detox or Inpatient will go through their Case Manager. Visitation is scheduled through your case manager on during the weekend visitation schedule.
- At Extended Care and Partial Day Treatment cell phones and electronics are allowed but are considered a privilege, not necessarily a right. The Clinical Staff may request to hold the phone if any behavioral issues or non-compliance occurs.
- Clients will attend Thursday night Family Night at 6pm if cleared by the Physician.