



**Harmony Women's Residential Program**  
**Items to Bring to Treatment**  
**3500 W. 4<sup>th</sup> Street**  
**Sioux City, IA 51103**  
**712.226.1839**

**Medication**

- If you take prescription medication or over the counter medications, please bring all bottles of medication with you.
- Please put all of these medications into one ziplock bag to bring with you.
- We ask that you also bring \$50 for any prescriptions that may need to be ordered including nicotine replacement as we are unable to supply you with medication.

**Documentation**

- insurance ID Cards
- drivers license or identification card

**Clothing**

- long pants
- shirts with sleeves (no see-through, sleeveless, drug/alcohol logos)
- sweaters
- coat
- shorts
- underwear, socks, etc.
- tennis shoes
- pajamas & robe
- slippers
- shower shoes/flip flops with good traction

**Personal Hygiene** (we do not allow personal hygiene items containing alcohol)

- shampoo & conditioner
- razor & shaving cream
- body soap
- toothbrush & toothpaste
- feminine hygiene products (if applicable)
- deodorant
- laundry detergent

**Optional Items**

- alarm clock/clock radio
- small pictures of family/friends (no glass frames)
- phone card
- spending money for pop machines
- letter-writing supplies and stamps (can purchase here if needed)
- notebooks
- pens
- fan
- reading glasses

**Smoking**

- smoking is **not** allowed anywhere in/outside the building
- Nicotine patches or \$60 for patches on arrival

**Do Not Bring**

- illegal drugs or alcohol
- weapons of any kind
- personal pillows or blankets (they will be provided)
- baseball caps, hats or sunglasses
- magazines, books, etc. unless they are related to treatment and approved with staff
- hair clippers
- food items; pop, candy, etc.
- tape recorders, tapes, or mp3 players unless approved by treatment staff for relaxation/meditation
- cameras

*Thanks for choosing Harmony Women's Program!*

