

What to Bring

- All the medications you are currently taking, including OTC meds and inhalers
- Insurance Card/Driver's License
- 3-4 sets of clothing/underwear/socks (no strings or ties)
 - Washers and dryers are available on the units for washing clothes (Facility will provide detergent)
- Sweater/Jacket
- Nightwear/pajamas
- Comfortable shoes (no laces or boots)
- If you smoke or use chewing tobacco, pack enough un-opened cigarettes/cans of chewing tobacco to last the length of your stay
- Eye-care items (contact lenses/cleaning solution/case/eyeglasses)
- Travel Size Toiletries*
- Shower shoes
- Cash <\$50 for vending machines
- Electric shaver

*We provide personal hygiene items such as toothpaste, toothbrushes, deodorant, shampoo and soap if needed.

Please Do Not Bring

- Aerosol products/flammable liquids
- Products containing alcohol (to include toiletries)
- Cameras, laptops, personal gaming systems, radios, TV, MP3 players
- Food/Gum/Beverages
- Lighters/matches
- E-Cigarettes, or vapes
- Clothing Hangers
- Provocative clothing or clothing displaying drug paraphernalia
- Spiral/wire bound notebooks, Hard-back books
- Smart Watches/ Watches with glass/metal
- Weapons of any kind (including pocket knives)
- Blankets/stuffed animals
- Jewelry
- Hairdryers/curling irons/hair straighteners

**Please note that this is not a comprehensive list of all items. Any questions, please call 972-242-4114

Carrollton Springs is not liable for any belongings that are lost that were within your possession during admission.