



## Packing List

### Paperwork Items:

Copy of Pharmacy Card  
 Copy of Birth Certificate  
 Copy of Social Security Card  
 Copy of Insurance Card (Front and Back)  
 Copy of Immunization Records

**Clothing/Miscellaneous Items:** These amounts are MAXIMUM amounts. Clients participate in weight workout four days a week, and participate in outdoor activities on a daily basis. Dress is casual. Laundry is done weekly, so please pack accordingly.

### Summer (May-Sept) Packing List:

14 Socks  
 1 Shower Shoes  
 2 Tennis Shoes  
 14 Underwear  
 3 Jeans/Pants  
 7 Workout shorts/pants  
 7 Shorts  
 14 Undershirts  
 14 T-Shirts  
 2 Long Sleeve Shirts  
 1 Rain Jacket  
 2 Sleep Wear  
 1 Swimsuit

### Winter (Oct-Apr) Packing List:

14 socks  
 1 Shower shoes  
 2 Tennis shoes  
 14 Underwear  
 7 Jeans/Pants  
 7 Workout shorts/pants  
 2 Long insulated underwear  
 14 Undershirts  
 7 T-shirts  
 14 Long Sleeved Shirts/sweatshirts  
 1 Rain Jacket  
 2 Sleepwear Coat Gloves  
 1 Pair Work Boots

### Unacceptable Clothing:

Any musical groups  
 Alcohol, drug, tobacco ads  
 Crude or suggestive language  
 Billabong brand  
 Dry clean only clothing

Bandanas  
 North Carolina memorabilia  
 Rebel or Confederate flag

### Miscellaneous Items:

Bible  
 Disposable cameras  
 Hats  
 Dog toys/treats  
 LED head lamp (find at Wal-Mart, use them for night reading)  
 Batteries  
 Photos of family  
 Dog leash between 4 & 6 ft. (no retractable leashes)  
 10-12' dog collar and a 12-14" dog collar

### DO NOT BRING THE FOLLOWING ITEMS:

Radios/walkmans/I-pods  
 Musical instruments  
 Cell phones  
 Game boys  
 Magazines  
 Books  
 Photos of girlfriends and peers  
 Lucky Brand jeans  
 Flat Billed Hats

### Other Packing Information:

- Toiletries and other supplies (nail clippers, tweezers, etc.) are provided by Capstone, it is not necessary to bring them in on admission day. Exceptions to this would be contact lens supplies or special face wash. All hygiene items must be alcohol free unless prescribed by a doctor.
- Over the counter medications will be purchased and made available by Capstone staff. It is not necessary to provide these for your son. Any of these medications that come in with your son will be sent back home or thrown away. Prescriptions must be clearly labeled with your son's name and directions in order to be self-administered at Capstone.

P.O. Box 8241  
 Searcy, AR 72145  
 toll free: 866-729-4479  
 fax: 501-729-3537  
 e-mail: [info@capstonetreatmentcenter.com](mailto:info@capstonetreatmentcenter.com)  
[www.capstonetreatmentcenter.com](http://www.capstonetreatmentcenter.com)