



### What should I bring for my journey?

Thank you for choosing Three Rivers Treatment Center as your service Provider. Please review the items below. We ask that you ensure the youth has the appropriate amount of clothing, especially underwear and socks. Personal items are optional to provide extra comfort to your youth.

#### Clothing:

- 10 shirts/tops – **no hoods or strings**
- 10 pair pants/bottoms – **no strings**
- 10 pair socks
- 10 pair underwear
- 5 bras – **wire free and no outside/inside pockets**
- 3 sets p.j.s
- 3 pair shoes - **no laces or elastic bands, crocs, slippers etc are acceptable**
- 1 pair slippers
- 1 light jacket & 1 heavy jacket – **no hood or strings**

#### Hygiene items: **Alcohol cannot be one of the top 3 ingredients**

- 1 face wash
  - **If this contains acne fighting ingredients/medication, we must obtain an order from the MD to be kept in hygiene basket**
- 1 face lotion
  - **If this contains acne fighting ingredients/medication, we must obtain an order from the MD to be kept in hygiene basket**

#### Personal Items:

- 3 stuffed animals
- 5 books – **Not hardbacks**
- 3 card games
- 1 poster (content must be acceptable)
- Residents will be supplied with clean linen but may bring their own comforter that will fit a twin bed (one set only).



## Contraband Guidelines for Three Rivers Treatment Center & Three Rivers Academy

The following items are contraband and **not permitted**:

1. All tobacco products
2. Substances that have been removed from their original packaging
3. All weapons or items routinely used as weapons
4. Items with sharp points and edges such as metal paper clips, hangers (wire), staples, scissors, metal files, tweezers, cans, needles, safety pins and any other related items that are unsafe.
5. Glass bottles
6. Spike or over 1-inch heeled shoes; steel toed shoes/boots, shoes/boots with points
7. Inappropriate clothing or material: gang related (message on shirts), glorifying substance use or negative message,) thongs.
8. Makeup
  - **Including false eye lashes and/or eye lash extensions. These must be removed prior to admission**
9. No clothing items of shirts, sweaters, sports bras or sweatshirts of any kind with hoods/hoodies, strings, or inside pockets.
10. **All Jewelry (necklace, paracord jewelry, metal earring/body piercings, watches.) Must be removed prior to admission**
11. Sewing or craft equipment (crochet needles, scissors, etc.)
12. Checks, credit cards and money.
13. Baby powder, Vaseline, or Petroleum Jelly
14. Electronic devices, cameras, laptops, cell phones, tape recorders, all blue tooth devices, and video cameras (Approved MP3 players are permitted)
15. Sexually explicit materials, including lude messages on clothing
16. Compact discs (including cases) or digital video discs, Blue Ray discs, HD4 discs.
17. Belts, shoelaces, drawstrings, and scarves (no pants or hoodies with drawstrings, drawstring must be removed. No shoes with laces or elastic bands, must be removed)
18. Outside food/drink, includes candy and gum
19. Sunglasses, non-prescription glasses, bandannas, and sweatbands
20. Fingernails no longer than ¼ inch
  - **Including press on nails or acrylic nails. Must be removed prior to admission**
21. Ink pens, full length pencils or color pencils and erasers
22. Drugs, medications, alcohol
23. Products with alcohol in the top 3 ingredients
24. Hard back books or wired notebooks
25. Slime, playdoh, or other sticky wall decorations

