PALMETTO
ADDICTION RECOVERY CENTER

For admissions and questions

T (318) 728-2970 | F (318) 728-2272
admissions@palmettocenter.com | PalmettoCenter.com
86 Palmetto Road, Rayville, Louisiana 71269

Items to Bring

What to pack for your stay, and what to leave at home

Please Bring

ESSENTIALS

- ☐ Any prescription medications you are now taking
- ☐ Insurance card
- ☐ Cash for personal items
- ☐ Simple watch with no data access
- ☐ Alarm clock **(without radio)**

CLOTHING

- ☐ Casual clothing and gym clothes
- ☐ Tennis shoes and sandals
- ☐ Shorts no shorter than 2" above the knee
- ☐ Undergarments **(required)**
- ☐ Rain gear or umbrella
- ☐ Church clothes *optional*

BEDDING AND LAUNDRY

- ☐ Sheets **(twin size)**, blanket, and pillow
- ☐ Towels and washcloths
- ☐ Laundry detergent
- ☐ Mattress pad *optional*
- ☐ Clothes hangers *optional*

TOILETRIES

- ☐ Soap, shampoo, and conditioner
- ☐ Razor (electric or disposable) and shaving cream
- ☐ Toothbrush and toothpaste

OTHER

- ☐ Cigarettes
- ☐ Disposable vape **(must be unopened)**
- ☐ Loose-leaf paper and pens
- ☐ Tennis racket and tennis balls *optional*
- ☐ Fishing pole and gear *optional*

Not Allowed

CLOTHING

- × Tank tops or halter tops
- × Swimsuits
- × Short shorts
- × Scrubs
- × Tight or revealing clothing
- × Midriff shirts
  When you raise your arms, we should not be able to see your underwear or skin.
- × T-shirts or caps that promote alcohol or drug use or display undesirable messages

PRODUCTS AND FOOD

- × Anything containing alcohol
  Including mouthwash, Bengay, and other analgesic ointments.
- × Perfume or cologne
- × Candles or incense
- × Perishable food
- × Protein powder, energy drinks, supplements, vitamins, or instant coffee

OTHER

- × Electronic devices
- × Pornography
- × Boats, trailers, or ATVs
- × Food delivery services (DoorDash, Instacart, and similar)
  Except one Walmart order per week, with no more than 10 items.

> **Sending items later?** Other than the weekly Walmart order, items must be mailed or dropped off by the patient's contacts only.

Please call if you have any questions.

BUSINESS HOURS
(318) 728-2970

AFTER HOURS
(318) 417-0120