

Preparing to Enter Residential Treatment

Use the program's current admission instructions as your packing list. This organizer helps you ask what applies to you and keep practical arrangements together.

Keep completed notes private. Use short notes in each box; continue on another copy or separate paper when needed. Save the completed PDF on your device and reopen it to check your notes before closing.

NIAAA recommends asking about a program's expectations, services and arrangements for medical care. The questions below adapt that approach to preparation; they do not state any particular facility's rules. [1]

Confirm before you pack

Area	Question for the program	Record
Arrival	Is admission confirmed? What time, entrance and contact should I use?	Date, address and contact
Medicines and health needs	How should I bring my medicine list and prescribed medicines? Who will discuss ongoing care with me?	Exact clinical-team instructions
Documents	Which identification, coverage or other documents do you need?	Requested items only
Clothes and personal items	Can you send your current allowed-items list, including toiletries and laundry arrangements?	List location and date
Devices and communication	What are the phone, charger, internet and visitor arrangements?	Who can clarify exceptions or accessibility needs
Accessibility and daily living	How will the needs I have described be supported?	Named contact and confirmed arrangements

Original example: do not infer a rule

If a general webpage says "bring toiletries" but you are unsure about a particular item, ask admissions and write down the answer. An internet packing list is not confirmation of this program's policy.

My admission and home arrangements

Arrival plan

Confirmed date/time/location, travel and the person to contact if plans change.

Home responsibilities to arrange

Dependents, pets, work, bills or other tasks; who has actually agreed to help.

Program instructions and unresolved items

Where the written list is saved; specific questions and who will answer them.

Medicine questions go to the clinical team

A packing worksheet does not authorize stopping, discarding or changing medicine. Ask your prescriber and the receiving team for instructions specific to your care. Record those instructions separately from general packing rules.

Sources and Further Reading

[1] NIAAA: Questions for Alcohol Treatment Programs

<https://alcoholtreatment.niaaa.nih.gov/how-to-find-alcohol-treatment/10-questions-for-alcohol-treatment-programs>

[2] SAMHSA: Finding Quality Treatment

<https://www.samhsa.gov/find-support/learn-about-treatment/finding-quality-treatment>