

# ADULT & TEEN CHALLENGE OF THE FOUR STATES

## *Items to bring*

### Identification (as available)

- Driver's license/Picture I.D
- Social Security Card
- Birth certificate
- Marriage license (if applicable)
- Insurance card

### Clothing:

**This is a guide (extra clothing may be sent home) Items in **bold** are a MUST.**

- (3) Dress pants (**one pair black**)
- (2) Pair of dress shoes (**one pair black**)
- (2) pair of tennis shoes
- (1) pair of slippers
- (2) Tie
- (6) Polo/golf shirts
- (10) T-shirts
- (1) Dress belt (**black**)
- (1) Work belt
- (6) Pair of work pants or jeans
- (8) Work shirts
- (1) Pair work shoes or boots
- (1) Pair work gloves
- (7) Pair of underwear and socks
- (2) Pair of pajamas
- (5) Button-down dress shirts with collars
- (1) Long sleeve, **white** dress shirt

### Toiletries:

- (4) Bath towels and washcloths
- Shampoo
- Soap
- Deodorant
- Toothbrush/Toothpaste
- Shaving cream
- Razor
- Brush/comb

**Additional General Items:**

- Bible
- Notebook paper, pens and/or pencils
- Stationary, envelopes and stamps
- Reusable clear water bottle
- Hangers

**ADDITIONAL ITEMS TO BRING FOR COLD OR WARM MONTHS**

- (5) Pair of shorts
- (1) Pair of swimming trunks
- (1) Heavy coat or jacket
- (2) hoodies or sweatshirts

**OTHER GUIDELINES REGARDING WHAT TO BRING**

- Absolutely no clothing or items that have holes in them or contain secular messages (such as, photos, music, messages that promote alcohol, cigarettes, casinos, etc.).
- Due to limited space, students should not bring more than one bag/suitcase (50 pounds maximum) and one carry-on bag (25 pounds maximum).
- **Please consult the student handbook regarding all other guidelines regarding clothing and personal items.**
- **IF YOU BRING YOUR OWN BEDDING** (i.e. sheets/blankets/pillow) **THEY MUST BE NEW AND IN PACKAGING.**
- Bring DOCTOR APPROVED prescriptions (in original bottle, preferably bubble packs) and your own OTC meds (Allergy pills, Tylenol, ibuprofen, Benadryl), ONE Vitamin/Supplement, ONLY Melatonin for a sleep aid (for the first two weeks only, unless otherwise prescribed by doctor).

# Adult & Teen Challenge of Central & SW MO

## Medication List

**Adult & Teen Challenge of Central & SW MO\* (“ATC”)** prohibits the use of all addictive medications, due to their interference with the recovery process. Applicants must agree to our medication policy. May request a taper schedule from a health care provider for his or her currently prohibited medication so that it may not be stopped abruptly. ATC policy requires that tapering off be completed as quickly as possible, under the supervision of a physician. In the rare circumstance that an alternate medication is unavailable, ATC is not an option as a treatment program for you. Please contact us and we can give you some other options.

**The following classifications of prohibited medications include but are not limited to: The following classifications of prohibited medications include but are not limited to:**

- Barbiturates(including those combined with acetaminophen, caffeine, or aspirin, e.g. Fiorocet, Fiorinal)
- Benzodiazepines
- Medications used for the treatment of opiate dependence
- Muscle relaxant
- Performance-enhancing steroids or supplements
- Prescribed or over the counter medications used specifically for weight loss.
- Sleep Aids (**melatonin may be used, but only for the first 2 weeks in the program**)
- Stimulant medications which are used to treat Attention Deficit Disorder and attention-deficit/Hyperactivity Disorder, other than Intuniv and Strattera, are permitted.
- Narcotic pain relievers and pain relievers with potential for dependency and abuse

**This is not an exhaustive list. All medications will be reviewed by the intake director and deemed acceptable or not. Some non-narcotic drugs are also not allowed. If needed, the center director will have final approval.**

**\*Adult & Teen Challenge of Central and SW MO** is the corporate office for Adult & Teen Challenge of the Four States and Primrose Hill Adult & Teen Challenge.