



## WHAT TO BRING

# *During Your Stay*

### CLOTHING

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- Comfortable, casual clothing suitable for therapy sessions and recreational activities.
- Exercise attire for fitness and wellness activities.
- Weather-appropriate clothing for outdoor activities.
- Sleep and loungewear.

### COMFORTABLE FOOTWEAR

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- Walking or athletic shoes for fitness activities.
- Comfortable indoor shoes or slippers.

### PERSONAL ITEMS

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- \*Toiletries and personal hygiene products that are alcohol-free.
  - \*Prescription medications in their original packaging, along with a list of medications and dosages. Personal identification and insurance information.
  - Any comfort items, such as photos or small mementos.
  - Inspirational or self-help books for personal reading.
  - Journals for self-reflection and therapeutic writing.
- \*Prescription medication or toiletries that may be abused will be secured by The Summit staff members at all times.

Exclusively available to clients who opt for The Senior Executive program, access to personal computers and electronics is facilitated with a purposeful focus on fostering an environment conducive to healing. By providing these amenities exclusively to Senior Executive clients, The Summit ensures a tailored and serene space where individuals can prioritize self-reflection, therapeutic engagement, and overall well-being without unnecessary external interruptions.





## PROHIBITED ITEMS

# At The Summit

### RESTRICTED SUBSTANCES

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- Any illicit drugs or substances.
- Alcohol or any items containing alcohol.

### PROHIBITED ITEMS

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- Weapons or sharp objects.
- Electronic devices, including cameras, outside of Senior Executive Suites.
- Items that may be considered distracting or disruptive to the therapeutic environment.

### NEGATIVE INFLUENCES

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- While personal items are encouraged, it's advisable not to bring excessive valuables or large amounts of cash.

### OUTSIDE FOOD & BEVERAGE

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- \*The Summit provides all chef-prepared meals, and outside food and beverages are not allowed.

### INAPPROPRIATE CLOTHING

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- Clothing that is revealing, offensive, or inappropriate for a therapeutic setting.

### EXCESSIVE VALUABLES

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- While personal items are encouraged, it's advisable not to bring excessive valuables or large amounts of cash.

Before packing, it's essential for individuals to check with The Summit regarding any specific guidelines or restrictions. The goal is to create a supportive and focused environment for recovery, and adhering to the facility's policies helps maintain a conducive atmosphere for everyone in the program.