



WHAT TO BRING

CLOTHING

- ☐ Comfortable, casual therapy-appropriate attire
- ☐ Fitness, swim & exercise wear
- ☐ Weather-appropriate outerwear
- Sleepwear and loungewear

FOOTWEAR

- ☐ Athletic shoes for activities
- ☐ Comfortable indoor shoes or slippers

PERSONAL ITEMS

- ☐ Alcohol-free toiletries & hygiene products
- ☐ Prescription meds in original packaging*
- ☐ Insurance and ID
- ☐ Journals, books, photos, and comfort items

*All prescription meds are secured by staff.

RESTRICTED ITEMS

RESTRICTED SUBSTANCES

- ☐ Illicit drugs or alcohol (incl. items containing alcohol)

PROHIBITED ITEMS

- ☐ Weapons, sharp objects
- ☐ Items disruptive to the therapeutic setting

OUTSIDE FOOD & DRINK

- ☐ All meals are chef-prepared—outside food & beverages not allowed

INAPPROPRIATE CLOTHING

- ☐ No revealing, offensive, or non-therapeutic clothing

EXCESSIVE VALUABLES / CASH

- ☐ Please avoid bringing large sums of cash or expensive valuables

Before you arrive, we recommend reviewing this list carefully and contacting The Summit Sanctuary with any specific questions. Our policies are designed to preserve the privacy, serenity, and therapeutic focus of our exclusive setting.