



Sober Living Residences

Recommended: What to bring for your program stay

Personal Items

Photo Identification	Birth Certificate and Social Security Card	Insurance/Pharmacy Benefit Cards
1-2 weeks of clothing	Books	Cell Phone Charger
Underwear	Small hobby items	Wi-Fi Devices
Socks	Photos of loved ones	Headphones
Shoes/Slippers	<i>Please Note: CMHC takes no responsibility for damaged, lost, or stolen goods. Prized possessions and valuables are brought at <u>your own risk</u>.</i>	
Umbrella		
Seasonal Weather Items		

Hygiene Items

Toothbrush	Disposable/Electric Razors	Deodorant/Antiperspirant
Toothpaste	Shaving Cream	Laundry Detergent
Hairbrush/Comb	Nail Clippers/Files	Dryer Sheets
Shampoo	Tweezers	Cotton Swabs
Conditioner	Beauty Products	
Body Soap	Feminine Hygiene Products	

Food and Wellness Items

Approved Prescription Medications(See Prohibited Items)	Vitamins & Supplements
Approved OTC Medications (Tums, Pepto, Etc.)	Lotions & Ointments
Staple Pantry Items: Sugar, Spices, Coffee, Tea, Flour, Peanut Butter, Bread, Oil	
Staple Refrigerator Items: Milk, Butter or Margarine, Eggs, Lunchmeat, Cheese	
Meal Prep Items: Noodles, Rice, Grains, Canned Goods, Sauces, Meats, Vegetables	
<i>Please Note: Refrigerator and assigned pantry <u>space is limited</u>. It is recommended to purchase meal prep food for 1 week at a time.</i>	

Prohibited Items (DO NOT BRING THESE ITEMS)

Candles or Incense	Any prescription medications not prescribed to yourself	
Fireworks	Narcotic Level Medications: Benzos, Opiates, Etc.	
Weapons	OTC Medications/Chemicals with the potential for abuse	
Razor Blades/Box Cutters	Medications not in their original containers	
Substance Paraphernalia	Alcohol & Drugs: This includes Medical Marijuana	
Animals	Pornography	"Adult" Toys
Diet Pills	Pre-Workout supplements containing high caffeine levels	
Aerosol cans	Overly provocative clothing	"Gang" Themed Clothing
Clothing with alcohol/drug logos, derogatory or sexual images or language		

Centennial is an equal opportunity provider and employer

Sober Living Residences
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