

PRIMROSE HILL ADULT & TEEN CHALLENGE

ITEMS TO BRING

Packing considerations

- All prescription medication must be in the original bottle or bubble pack.
- You need to provide your own OTC meds (allergy, Tylenol, ibuprofen, once a day vitamins only).
Melatonin may be used for the first 2 weeks only.
- Pack light because you will have a roommate.
- Consult the student handbook regarding all other guidelines regarding clothing and personal items.
- If you bring your own bedding, it must be new and in the original package.

Identification

- Birth certificate
- Driver's license or photo ID
- Insurance card
- Social Security card
- Lab results and completed physical
- Marriage license, if applicable

Clothing

This is a guide. *Appropriateness and amount of clothing is at the staff's discretion.*

- 1 or 2 dress pants
- 1 or 2 modest dress
- 2 or 3 jeans
- 5 casual shirts
- 1 or 2 dress shirts
- 1 or 2 work shirts
- 1 or 2 tennis shoes
- 1 or 2 casual and dress shoes or boots
- 2 pajamas
- Work out pants and shirt
- 7 sets of underwear and socks, no thongs
- Leggings may be worn if the top completely covers the derriere.
- Modest tank tops are for gym time only.
- No tight clothing, low cut shirts or inappropriate logos/band logos.
- Sleeveless shirts with 3 finger wide shoulder strap only
- Seasonal items:
 - 4 or 5 shorts
 - Jacket
 - 1-piece swimsuit
 - 2 or 3 sweaters or sweatshirts

Toiletries

- 4 bath towels and washcloths
- Deodorant
- Makeup must be new and in original package
- Shampoo and conditioner
- Toothpaste and toothbrush
- Soap
- Lotion
- Razor and shaving soap
- Brush and comb
- Hairstyling products
- Flat iron, curling iron and blow dryer
- All toiletries must contain no alcohol

General items

- NIV Bible
- Stationery and stamps
- Notebook paper, pens, and highlighters
- Journal
- Reusable clear water bottle
- Beddings
- Hangers
- Completed physical form
- Fees

Items for children

- Birth certificate
- Social Security card
- Current immunization records
- Completed physical form
- 3 weeks of clothing
- Diapers, wipes
- Car seat
- Formula
- Bedding for crib or toddler bed
- Court ordered custody documents

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.