

The Gathering Place & The Life House

What to Bring List

- A 3 month supply of medications that you are currently taking or the money to pay for them.
****All medications must be brought in blister packs.****
- Photo ID
- Proof of your last month's income, and proof of your resources. Examples of this are wage stubs, bank statements, vehicle registration, title, etc.
- If court ordered to attend treatment and have not sent in a copy, bring a copy with you.
- You will be here for a varied length of time, so bring the appropriate clothing for sudden weather changes. We do have washers and dryers, so you will be able to wash your clothes. No clothing is to advertise alcohol or drug products, bars, or promote gang affiliation or criminal behavior or inappropriate sexual innuendos, etc. Clothing will be appropriate, i.e., no excessively short shorts, no tank tops, etc. Bring tennis shoes and shorts as you may be going to the YMCA.
- Laundry bag/hamper, laundry detergent and dryer sheets (if desired) but **do not bring bleach.**
- Please bring "shower shoes"; an inexpensive pair of flip-flops is adequate.
- All personal hygiene items for up to 3 months; shampoo, toothpaste, deodorant, tampons, etc. If you run out of an item, you will be able to purchase these items or have your family supply them for you.
- Notebook, folder, pens, envelopes and stamps.
- Clients are encouraged to bring books pertaining to treatment such as AA/NA, 12 Step, etc. Novels, magazines, crossword puzzles, etc. are permitted during designated free time.
- Small alarm clocks are allowed as long as they do not have a radio on them.
- Personal electronics such as MP3 players, IPODS, etc. are allowed while in treatment so long as the electronic(s) does not have WIFI/internet.

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The Life House & The Gathering Place

What NOT to Bring List

- **Do not bring illegal contraband. If contraband is found, the authorities/police will be notified.**
- Unnecessary medication
- **Chew/snuff/e-cigarettes** are not allowed on the premises.
- **Any product that contains alcohol.** **This includes but is not limited to: hairspray, perfumes, shaving lotion, mouthwash, colognes or shampoo/conditioners**
- Knives (any variety, including pocket knives) and Leatherman tools
- Bleach
- Calling cards/phone cards
- VOA does provide bedding and towels, it is not necessary to bring your own.
- Cell phones are not allowed while in treatment

If you have any question about anything you would like to bring with you, please do not hesitate to call us and ask.

The Life House
Men's Facility
3322 Strahan Parkway
Meadows Dr.
Sheridan, WY 82801
82801
Admissions: 307-672-2044
672-2044

The Gathering Place
Women's Facility
360 College
Sheridan, WY
Admissions: 307-

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