



What to bring detox or residential treatment

When packing for your stay at Rushford in Middletown, please bring enough clothing for 5 days (detox) or 10 days (rehab). Luggage storage space is limited, so please use collapsible or disposable bags rather than hard-sided luggage.

To maintain a safe and sanitary environment for clients and staff, all clothing will be heat treated upon arrival. Please do not bring any clothing items that will be damaged during this process.

If you have additional questions, feel free to reach out to us prior to your arrival.

- Photo ID
- Insurance cards/pharmacy card (if BIN, Group & PCN is not on insurance card)
- Form of payment for co-pays and deductibles
- Medications prescribed by doctor
- Cell phone (will be shut off and secured in locker for duration of stay)
- Clothing (no explicit, drug or alcohol content)
 - Casual clothing (5 days for detox, 10 days for rehab)
 - Pajamas
 - Shorts (mid-thigh or longer)
 - Light jacket or sweatshirt
 - Footwear
 - 2 pairs of comfortable shoes
- Personal hygiene items and make up (day-to-day necessities)
 - Must be store bought with ingredient label
 - No loose powders, aerosols, mouthwash containing alcohol, Q-tips, cotton balls/swabs, dental floss, perfume/cologne/essential oil, nail polish or remover
- Hair dryers, flat irons, curling irons
- Clippers/beard trimmers/razors
- Personal linens - one towel only
- Individually-wrapped hard candies
 - No other food or drinks, including gum, soft candy, cough drops or vitamin C drops
- Personal reading material/hobby/craft items
 - No electronics, pornography/ inappropriate content, or scissors/sharp objects
- Vehicle (can be parked in the rear lot - must provide make/model/license plate)