



4969 N Tierra Lakes Parkway  
Bel Aire, KS 67226  
888-751-7273

## **Items Provided by Bel Aire Recovery Center**

We will provide you with access to the following items for your convenience:

- ❖ 1 dresser and closet space for clothing
- ❖ Washer and Dryer
- ❖ Community Television (limited)
- ❖ Telephone Access (limited)
- ❖ Food and beverages
- ❖ Linens and Towels
- ❖ Laundry Detergent and Fabric Softener

## **What to Bring**

- ❖ At least seven (7) days' worth of seasonably (and socially) appropriate shirts, pants, socks, undergarments and shoes are necessary. Remember that we are in Kansas, so the weather can change very quickly! There are laundry facilities available on site, and are accessible at least once a week.
- ❖ Every room has its own shower, however there are multiple people to each room. Shower shoes are highly recommended.
- ❖ Jewelry that is not a safety risk to yourself or others.
- ❖ Alarm clock



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- ❖ A 30-day supply of your current prescription medications in the original pharmacy bottles with the information label intact. Any liquid medications must be new and sealed. You should also bring a list of all of your medications and dosages. Do not bring any OTC medications.
- ❖ Insurance card(s) and identification
- ❖ We recommend that you bring \$100-\$150 cash or debit/credit card for vending machines, books, and outings
- ❖ Pictures of your loved ones to keep in your room
- ❖ Sunscreen
- ❖ If you want to bring books, they are preferred to be recovery, self-help, or spiritually oriented. No reading material that is highly sexualized, violent, or graphic (including drug use) is allowed.
- ❖ For smokers, a 30-day supply of cigarettes, as there will not be opportunities to purchase additional.
- ❖ Vaping products are allowed. However, the liquids or e-juice must come be in their original packaging and sealed before using on premises.
- ❖ All personal toiletries must be completely alcohol-free, i.e. mouthwash, perfume, and cologne are prohibited.
- ❖ Makeup
- ❖ Shaving cream and disposable, safety razors or electrical razors.

***Jewelry or other valuables lost or stolen will not be the responsibility of Bel Aire Recovery Center.***



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## **What NOT to Bring**

- ❖ Obviously, all drugs and/or alcohol is prohibited.
- ❖ Lighters. Even if you smoke, we'll provide a lighter for you.
- ❖ Over-the-Counter medications (Advil, Tylenol, etc.). We'll provide that as well.
- ❖ Narcotics or prohibited prescriptions.
- ❖ Outside food and/or drinks. If you have any specific dietary needs, let us know.
- ❖ Weapons or sharp objects.
- ❖ Pornography.
- ❖ Video games or DVDs or electronics that are Wi-Fi enabled or have cameras.
- ❖ Revealing or inappropriate clothing. Please see Dress Code for further explanation.
- ❖ Candles/incense/diffusers.
- ❖ Please note that the staff and administrators of Bel Aire Recovery Center have a responsibility to the physical and emotional safety of every patient in its care. Any item not listed on this document will be assessed and allowed (or prohibited) on a case-by-case basis.
- ❖ Nail polish, polish remover or synthetic nail related products
- ❖ Personal Vehicle



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## **Dress Code**

- ❖ Clothing cannot be revealing or inappropriate (questionable apparel will be determined at the discretion of staff)
- ❖ Shirts must meet the waistband of pants. No exposed midriffs, and shirts may not show excessive cleavage.
- ❖ See-through clothing must be worn with appropriate undershirts. Visible underwear is not appropriate. This applies to men and cut off/sleeveless shirts.
- ❖ Shorts must be mid-thigh or longer when standing.
- ❖ No clothing with alcohol, drug, sex or gang related themes, terms or innuendos.
- ❖ Pants must cover hips.
- ❖ Shoes are to be worn at all times in the center. Shoes must be worn at all times outside the building.
- ❖ Shirts must be worn at all times in the center and on the property. This applies to both men and women.
- ❖ Sleeping attire may not be worn outside the bedroom.
- ❖ Leggings may only be worn if appropriately covered by shirts that fall below the buttocks.
- ❖ Gym attire must follow all of the above-mentioned rules: shoes, appropriate length shorts and shirts.
- ❖ Sunglasses should be worn outside only.

## **Other Personal Items**

- ❖ A list of names, addresses and phone numbers of those you wish to have involved in your treatment (loved ones, healthcare professionals, 12-step sponsors, etc.)
- ❖ Jewelry that you wear every day and consider a necessity, like your wedding ring or a watch. Otherwise, leave valuable items at home. The facility is not responsible for lost or stolen items.
- ❖ A notebook or journal, although we will also provide one.
- ❖ Stationary, stamps and envelopes, if you wish to mail letters.
- ❖ A cup of your choice (Such as a Yeti or RTIC)- recommended, but not required.
- ❖ Cell phone usage is not allowed.