

The CIRT Program

What to Bring?

Please consider the following when preparing to come to CIRT:

- No caffeinated beverages are available during your stay here. You might consider reducing your intake of such beverages prior to admission to prevent withdrawal/headaches.
- Smoking is allowed only during designated 5-minute breaks. You must bring enough pre-rolled, packaged cigarettes to last your entire stay here. Absolutely no dip, chew or snuff is allowed in our program Clients do not go to the store while in CIRT.
- If you take prescription medication, you must bring a 21-day supply in the original, labeled, prescription container. Any over-the counter medications should be in sealed, unopened containers.
- Do not bring any food, drink or snack items with you.
- Please notify us if you have any food allergies.

ABSOLUTELY NO:

- Weapons of any kind
- Clothing that advertises or glorifies drugs, gangs, violence, nudity or alcohol, or clothing that is revealing or suggestive.
- Cell-phones, pagers, radios, walkman-type devices, video games. The only electronic items allowed are electric shavers, toothbrushes, hair dryers or curling irons.
- Expensive jewelry, large amounts of cash or other valuables.
- Items containing alcohol, such as cologne, perfume, aftershave or body spray.

Recommended items include:

- Casual clothing for @ one or two weeks. Washers & dryers are available. Avoid bringing too much clothing, as you will be sharing a room and drawer space with others.
 - A set of loose fitting, comfortable clothing for yoga class.
 - Comfortable shoes/boots for daily walks.
 - A water bottle if you would like water available while you are on walks.
 - Personal hygiene items.
 - A phone card if you will need to make any long-distance calls.
 - Stamps and envelopes.
 - You may bring photos of family or loved ones.
 - Bring laundry detergent, fabric softener. Do not bring bleach
- Please call Eric at (970) 245-4213 if you have any questions

