

# **What to Bring and What Not To Bring**

**Preparing to Go to Rehab**

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Rehabilitation, or rehab, is a treatment program designed to help individuals overcome addiction to drugs or alcohol. By providing a safe and supportive environment, rehab allows patients to focus on their recovery journey and learn the necessary skills to maintain sobriety in the long term. In this blog post, we will discuss the various benefits of rehab, how to prepare for this life-changing experience, and what you should (and shouldn't) bring with you.

## Benefits of Rehab

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Residential or inpatient rehab provides numerous benefits for those seeking recovery from addiction. Some of these advantages include:

-  **Professional Medical Attention** – Rehab centers have trained medical professionals who can monitor your withdrawal symptoms and provide appropriate care. This ensures that the detox process is as comfortable and safe as possible.
-  **Support from Peers** – Being surrounded by others going through similar experiences can create a strong support network, making it easier to share feelings and challenges during the recovery process.
-  **Structured Environment** – Rehab centers typically follow a strict daily schedule, which helps to establish healthy routines and prevent boredom, a common trigger for relapse.

## Preparing for Rehab

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Taking the following steps before entering rehab can help make your transition smoother:

-  Discuss your decision with loved ones, and explain why rehab is essential for your recovery. Their support can be invaluable during this time.
-  Obtain any necessary approvals from work, such as medical leave or time off, to ensure your job is secure while you're away.



-  Make arrangements for transportation to and from the rehab center, childcare for your children, and pet care if needed.

Because rehab treatment centers are highly structured, they possess rules about what one may and may not bring to rehab. These rules are not arbitrary and are designed to help individuals retain the skills they learn during treatment and ensure the best chance of lifelong recovery.

## What to Bring to Rehab

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The right items can make your stay in rehab more comfortable. Here's a suggested list of things to bring:

-  Comfortable clothing, including sleepwear, shoes, and workout attire
-  Toiletries, such as toothpaste, toothbrush, shampoo, and soap
-  A journal or notebook for writing about your experiences and emotions
-  Books or other reading materials for leisure time
-  Any necessary medications, along with a list of dosages and prescribing doctors
-  Health insurance information, identification documents, and any relevant medical records

## What Not to Bring to Rehab

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Most rehab centers have strict rules about what you should not bring with you. This is to ensure a safe and distraction-free environment for all patients. Commonly prohibited items include:

-  Drugs or alcohol
-  Weapons or sharp objects



-  Electronic devices, such as laptops, tablets, or gaming consoles
-  Inappropriate or offensive clothing
-  Valuables or large amounts of cash

By talking with the treatment facility beforehand and preparing a list in advance, you can ensure that you will be comfortable while undergoing treatment for substance use disorder and/or co-occurring mental health conditions. Knowing what to bring and what not to bring allows you to mentally prepare for your time at rehab and increases the chances of having the best possible outcome.

## **Preparing for Rehab Is Essential to Ensure the Best Chance of Recovery**

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Residential or inpatient rehab can be a transformative experience, providing the support, structure, and professional care needed to overcome addiction. By adequately preparing for rehab and knowing what to expect, you can set yourself up for a successful recovery journey. As you prepare for this life-changing experience, make sure to obtain the necessary approvals and bring the items that can help you stay comfortable. Finally, with the right attitude and determination, you can take charge of your life and become the person you want to be. Good luck!



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