



GEISINGER MARWORTH  
TREATMENT CENTER

# What to pack for your stay

Limit luggage to one carry-on suitcase and an overnight bag. Closet space is limited, so only bring five to seven days' worth of machine-washable, casual clothing. You'll have access to free washers, dryers and laundry detergent.

- Shirts, such as t-shirts, polos, button-downs, sweaters.
- Tank tops can only be worn under shirts.
- No t-shirts advertising drugs/alcohol or concerts.
- Exercise clothing, such as knee-length shorts, warm-up suits, sweatshirts and sweatpants. Yoga pants and leggings may only be worn with a long shirt.
- Sunglasses (for outdoor use only).
- Pajamas and robe.
- Shoes. Make sure footwear is comfortable, practical and rubber soled. We don't recommend high heels. Sneakers are ideal for recreation and exercise activities.
- Socks and undergarments.
- Jacket or other seasonal/weather appropriate outerwear.
- Raincoat.
- Journal.
- Prescription medications, packed together in a clear plastic bag. We can provide any over-the-counter medications or supplements you need.
- Prescribed vitamins, which must be in new, sealed bottles.
- Toiletries including shampoo, conditioner, soap, toothbrush and toothpaste. Products containing alcohol, such as perfume, mouthwash, nail polish remover and hair spray, are not permitted.
- Shaving kit or razor with plastic handle/casing if desired.
- Sunscreen lotion (no self-tanners).
- CPAP or sleep apnea machine, if needed.
- Wristwatch and alarm clock (without a radio). No smart watches and fitness trackers.
- Picture ID, insurance card, prescription card.
- Calling cards for international calls, if needed.
- Cell phones are not permitted. If you bring one, we'll secure it in a safe place. If you need your phone for a specific reason, talk to your primary counselor.
- Copy of advance directive/living will.
- Contact information for physicians, family members and others involved in your care.
- Phone numbers for family emergencies.
- Patients may not bring outside food, blankets or pillows. We'll provide bedding.

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