



Arbor Place, Inc.  
4076 Kothlow Ave.  
Menomonie, WI 54751  
Phone 715-235-4537

When attending our residential treatment program, the list below will help you to prepare for your stay. To help with this, staff will go through your belongings to ensure only allowable items are packed. Some allowed items that are allowed may be kept in a staff office for the safety of you and others.

**Basic Items You May Bring:**

- Photo ID and health insurance card (if applicable)
- Casual clothing (about 5-7 day supply) and tennis shoes to wear; exercise clothes if planning to use the exercise room; outdoor clothes that are appropriate to the season
- Alcohol free Toiletry items and Toothbrush
- Phone calling card for long distance calls
- Written list of important phone numbers
- Personal reading materials
- Linens and towels will be provided. You can bring your own pillow if you wish, but no other bedding or linens.
- Nail clippers
- Razors with plastic handle and casing
- Medications in the original container, including over-the-counter medications you may need
- Feminine hygiene items
- Musical Instruments
- Cell Phone (there are significant restrictions on cell phone usage)

**We Do Not Allow:**

- Nail polish and nail polish remover
- Hair dyes or bleaching products
- Perfume, cologne, aftershave, mouthwash
- Any product containing ethyl alcohol or ethanol
- Large amounts of cash or valuable items
- Electronic equipment such as TVs, cameras, iPads/Tablets
- Pets
- Weapons (including pocket knives, leatherman-type tools)
- Aerosol products
- Clothing glorifying and advertising alcohol, taverns, drugs
- Tanning oils, self-tanning products
- Inappropriate or offensive reading materials
- Drugs, alcohol, or paraphernalia
- Heating pads or electric blankets
- Dress code prohibits halter tops, tube tops, spaghetti straps, tops that reveal midriff or cleavage, shorts need to be mid-thigh length
- Energy drinks and/or Supplements
- Cigarettes, E-cigarettes, Tobacco, Chew
- Exercise Equipment
- DVDs and movies
- Personal vehicles

*The mission of Arbor Place, Inc. is to provide prevention, treatment, renewal, and recovery opportunities to individuals, families, and communities impacted by substance abuse and dependence, and mental health disorders.*