

# Packing Checklist

James Oldham Treatment Center  
201 Highland Drive  
Buena, WA 98921  
Phone: (509) 865-6705  
Fax: (509) 865-5011

## Basic Items Needed:

- ✓ One week's worth of comfortable clothing that is appropriate for the season. Remember that we are in the middle of the desert, so it is hot in the summer and cold in the winter.
- ✓ One week's worth of underwear and socks
- ✓ Comfortable shoes
- ✓ Shower shoes or flip flops
- ✓ Sleepwear
- ✓ Toiletries, such as toothpaste, toothbrush, hair care products, deodorant and shaving supplies. Please bring alcohol-free products.
- ✓ If you use a tobacco product, you must make arrangements to receive needed items or bring them with you. Staff will not aid you in the purchase of tobacco-related items.
- ✓ A clear water bottle or cup with a lid for taking water out of the cafeteria area
- ✓ A phone card or cash for payphones (after three-day focus period)
- ✓ Envelopes and stamps if you wish to send mail
- ✓ A 30-day supply of medications and doctor authorization for any over-the-counter medications
- ✓ Please have your tuberculosis (TB) skin test available at check-in.

## Items Not to Bring:

- ✓ Food
- ✓ Alcohol-based colognes and aftershave lotions or mouth washes
- ✓ Cell phones or personal electronic devices
- ✓ Weapons
- ✓ Scissors or hair trimmers
- ✓ Magazines of any type

## Miscellaneous Information:

- ✓ Washing machines, dryers and laundry detergent are provided for patient use free of charge.
- ✓ Mail is delivered to and picked up from the post office Monday through Friday. You are responsible for your own postage or outgoing mail.
- ✓ Our mailing address is:
  - PO Box 354  
Buena, WA 98921 (for packages)
  - 201 Highland Drive  
Zillah, WA 98921 (for all other mail)
- ✓ Any items brought in that are not allowed will be locked up during your stay. You will not be allowed access to these items until you are ready to leave.
- ✓ You will be provided with a lock combination to secure your belongings. Outside locks are prohibited.