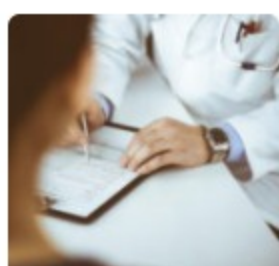


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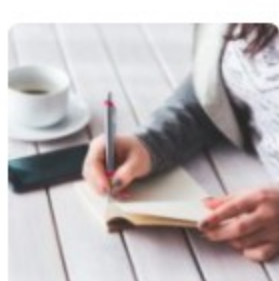
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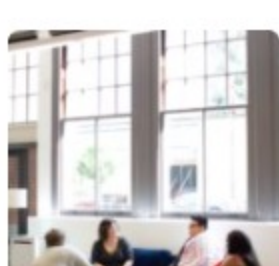
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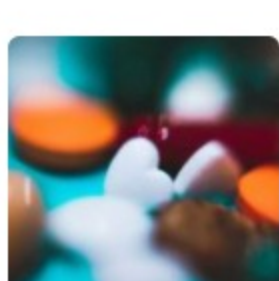
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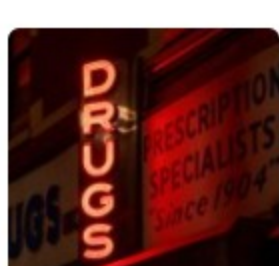
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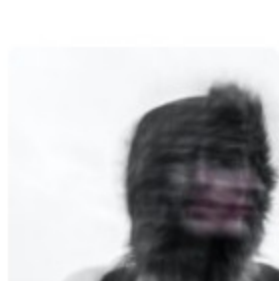
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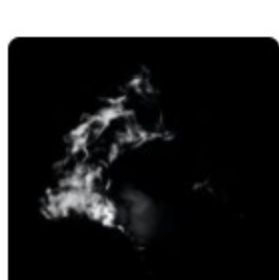
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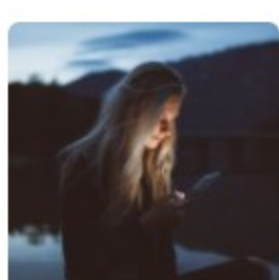
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What To Bring To An Addiction Rehab For A Better Stay

Louisville Addiction Treatment Center - November 8, 2021

Addiction can cause people to make bad decisions. This is why it's important for everyone in rehab to have the right mindset, but that isn't always easy. Sometimes, you'll come across things that trigger your old habits and tempt you into relapse. There are some things you can do, though, to keep yourself on track during rehab.

What To Bring To An Addiction Rehab For A Better Stay?

Books or Kindle

While some rehabs may provide books and activities for their guests, having your own entertainment on hand can be beneficial. One thing to realize is that there may be times when you feel lonely or bored due to a lack of interactivity.

If you have a Kindle or a portable charger, those feelings will less likely drive you toward bad decisions. That being said, it's important not to overdo it on the reading so as not to trigger cravings for escape and escapism. You can also download apps onto your device that will allow you to play games if needed.

Pillows / Blankets

When you're craving comfort, it's hard to think of anything else. For this reason, you'll want to bring items like pillows and blankets into rehab along with you.

During the day, though, having something plush to curl up with might be ideal if you're feeling lonely. Simply put, it can be helpful sometimes to have something warm and fuzzy around when cravings strike.

Comfortable Clothing

When going on this journey, comfort is the number one key! So bring along your favorites to wear during downtime or activities. Comfort is very important when you are in treatment so having a good pair of sweatpants, comfy t-shirts, etc., are all great ideas.

Dress in layers if the weather calls for it as well since some addiction rehabs do not have climate control! There will likely be places that guests can borrow sweatshirts and other items if needed, though, but having them available on hand can help you enjoy your stay even more.

Toiletries

Some rehabs typically provide shampoo, soap, toothpaste, etc., but bringing your own toiletries will let you feel even more at home during your stay.

If you are unsure about what items are allowed in addiction rehab, call ahead of time and ask about any limitations or policies regarding personal hygiene items. For example, the last thing you want is your favorite shampoo being thrown away because it isn't allowed.

Water Bottle

As with pillows, taking a water bottle with you when registering for your stay is always a great idea and the most functional. The chances of there being plastic cups with a water filtration system ready at the facilities are high; having your own water bottle on hand to fill up when needed will only be for your benefit.

The number one rule when going through withdrawals: Stay Hydrated!!

If you're unsure about what items to bring when checking into addiction treatment, then one solution is to ask the staff members at your center before setting off. They would be more than happy to help you decide what's best.

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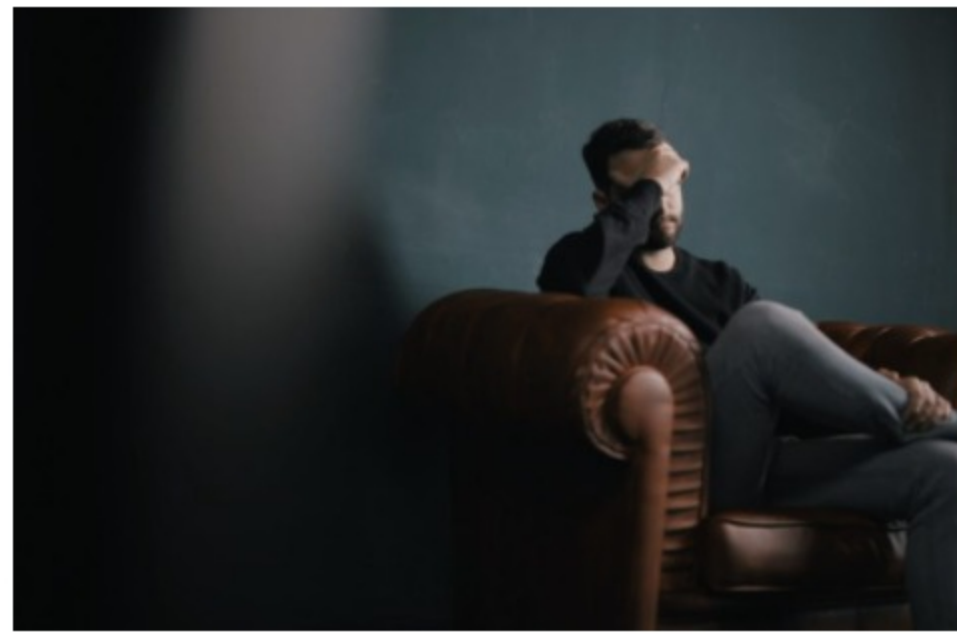


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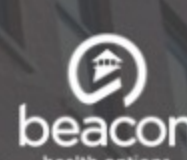
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