

YOUR INTAKE DAY PACK LIST (INPATIENT)

What to Bring

- ☐ Government-issued photo ID
- ☐ Insurance card or payment details
- ☐ Emergency contact information
- ☐ Prescribed medications in original labeled bottles
- ☐ 7–10 days of modest, comfortable clothing
- ☐ Sneakers or closed-toe shoes
- ☐ Toiletries (non-aerosol, alcohol-free)
- ☐ Journal, workbook, or approved reading
- ☐ Important phone numbers (written on paper)

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Do Not Bring

- ☐ Drugs, alcohol, or related paraphernalia
- ☐ Weapons, sharp objects, or razor blades
- ☐ Aerosols or alcohol-based products
- ☐ Unapproved medications or supplements
- ☐ Large amounts of cash, jewelry, or valuables
- ☐ Laptops, tablets, or gaming consoles
- ☐ Revealing or inappropriate clothing

Check your program's specific policy before packing
— each facility may have unique restrictions.

GENERAL TO-DO BEFORE TREATMENT

Before You Start: Key To-Dos

- Tell a trusted person about intake date
- Arrange transport to intake
- Set an emergency decision-maker
- Organize ID/insurance/forms
- Set autopay for rent/utilities/phone
- Arrange childcare/pet care
- Notify employer (FMLA/leave if needed)
- Compile questions for staff
- Finish any required medical/legal paperwork

Focus on today's step. The rest can be figured out with support.

IOP QUICK-START

Getting Ready for Your Intensive Outpatient Program

- Block IOP sessions on your calendar
- Arrange transport/childcare
- Create a distraction-free space (for virtual)
- Set reminders for meds/appointments
- Share goals with one support person
- Plan 3 go-to coping skills for cravings

If I miss a session: call/email staff the same day and reschedule.

LETTER TO MYSELF

Why This Letter Matters

One day, you may need to remember why you started this journey.

This letter is your reminder — written by you, for you.

Keep it somewhere safe. Read it when you feel lost or tempted to give up.

Date: _____

Dear Future Me,

Today, I am choosing recovery
because: _____

What I want most for my future: _____

A message I need to hear when I'm
struggling: _____

Signature: _____