



# ALPINE SPRINGS

ADDICTION TREATMENT

814.818.0002 [AlpineSpringsRehab.com](http://AlpineSpringsRehab.com)

## QUICK REFERENCE ADMISSION GUIDE

### TRANSPORTATION

**Transportation Scheduling:** Alpine staff will arrange your pick-up, drop-off, and transportation for approved appointments.

**Vehicle Essentials:** Our drivers will have Narcan, first aid, and refreshments available during your transport.

**Prohibited Items:** Leave illegal drugs, paraphernalia, weapons, open drinks, and over-the-counter medications at home. Any of these items found will be confiscated.

**Baggage Handling:** Your belongings will be secured immediately upon arrival. You won't have access to them during the trip or at the facility.

**Medications:** Drivers will manage your medications and hand them directly to the nurse or designated staff upon arrival.

**No Stops Policy:** We won't make any stops during your transport except for emergencies.

**Destination Adherence:** We will transport you directly to your predetermined destination. Any requests for changes must be approved by a supervisor.

**Behavior Expectations:** Verbal or physical abuse towards drivers or peers is not tolerated. Violations will be reported and managed according to safety protocols.

**Substance Use:** No self-administration of substances is allowed during transport. Smoking, chewing, vaping, and cell phone use are also prohibited.

**Facility Restrictions:** Items not allowed at the facility include weapons, illegal drugs, vapes, electronic devices, outside food/drink, and personal bedding. **We will destroy all items listed if brought to our facility.**

### DRESS FOR SUCCESS

Maintaining a positive and productive mindset starts with how you dress. During your time at Alpine, we encourage you to dress comfortably yet appropriately. Opt for casual, machine-washable clothing suitable for daily activities and therapy sessions. Avoid clothing that advertises drugs, alcohol, or concerts. Remember, your attire can influence your mood and confidence, so choose outfits that support your recovery journey.

### WHAT TO BRING / NOT BRING

- Luggage**
  - One carry-on suitcase
  - One overnight bag
  - 5-7 days' worth of machine-washable, casual clothing
  - Free washers, dryers, and laundry detergent are available
- Documents**
  - Photo ID
  - Insurance card (required for medication prescriptions)
  - Debit/credit card or Visa gift card (cashless facility, cash locked away until discharge)
- Tobacco**
  - New and sealed tobacco products (open products will be destroyed)
- Clothing**
  - T-shirts, polos, button-downs, sweaters (no drug/alcohol or concert advertising)
  - Tank tops (only under shirts)
  - Knee-length shorts, warmup suits, sweatshirts, sweatpants
  - Yoga pants/leggings (only with long shirts)
  - Pajamas and robe
  - Sunglasses (outdoor use only)
  - Comfortable, practical, rubber-soled shoes (sneakers ideal, no high heels)
  - Socks and undergarments
  - Weather-appropriate outerwear (jacket, etc.)
- Personal Items**
  - Journal
  - Prescription medications (in a clear plastic bag)
  - Prescribed vitamins (new, sealed bottles)
  - Toiletries: shampoo, conditioner, soap, toothbrush, toothpaste (no alcohol-containing products like perfume, mouthwash, nail polish remover, or hair spray)
  - Shaving kit/razor (plastic handle/casing)
  - Sunscreen lotion (no self-tanners)
  - CPAP or sleep apnea machine (if needed)
  - Wristwatch and alarm clock (no smartwatches/fitness trackers)
  - Calling cards (for international calls, if needed)
  - Cell phone (will be secured; discuss specific needs with your counselor)
  - Copy of advance directive/living will
  - Contact info for physicians, family, and emergency contacts
- Miscellaneous**
  - No outside food, blankets, or pillows (bedding provided)
  - Two pay stubs, copy of bills, and list of monthly expenses (for financial assistance applications)