



Phoenix House  
Rising Above Addiction

# Packing List

Phoenix House Academy Los Angeles  
Adolescent Residential Treatment Program

In order to help students focus on their academic progress and personal recovery, clients are required to wear school uniforms Monday – Friday. The school uniform, which can be purchased through Phoenix House for \$75, consists of khaki pants and polo shirts (tan, brown, black, grey, and white only) with a plain brown or black leather belt. Credit/debit cards are accepted.

**Please note:** This is a suggested list for additional clothing, but not all items are required. Clients share a closet in their bedrooms and do their own laundry once a week.

Pair of tennis shoes, play shoes, or school shoes
Pair of rubber shower shoes or sandals
Pair of slippers
(8) Pairs of crew length socks (7 white/1 colored)
(8) Underwear (no thongs allowed for females)
(2) Jeans (Blue and/or black); no holes or shreds
(2) Belts (no spikes or initial belts allowed)
(4-6) Colored T-shirts (No white T-shirts or tank tops)
(1) Sweater (when weather appropriate) no hoodies
(1) Jacket (depends on weather)
(1) Pajamas (appropriate for weather)
(1) P.E. outfit (shorts or sweats to exercise in)

**DO NOT BRING ELECTRONICS:** No radios, iPods, cell phones, CD players, cameras, etc.

## Piercings

Residents are not permitted to wear piercings except for small, non-decorative studs. Female residents may wear tasteful earrings once they are granted first phase privileges. Any resident who has enlarged ear piercings needing plugs may petition to wear plain plugs at the time of admission which must be approved by the Nursing Department. Spiked plugs are not allowed. Residents are not allowed to enlarge their piercings during treatment. No facial piercings are permitted.

## Hygiene Products

Please note that Phoenix House provides these products to ensure clients' safety. Please do NOT bring: hair products (mousse, hair spray, gel), curling irons, blow dryers, shaving cream, hand sanitizer, mouthwash, toothpaste, or bath salts. Occasionally, parent(s)/guardian(s) are allowed to bring specific items to meet a client's special needs. However, these must be new, unopened products that do not contain alcohol and are no larger than 10 oz.

**Body lotions or spray-** If brought by parent/guardian it must not contain any alcohol.

**Personal products** - For girls all feminine hygiene products will be provided by Phoenix House.

**Razors** – Will be provided by Phoenix House and given to the client as needed.

**Vitamins** – Client may bring vitamins in new, unopened containers.

**Prescribed medication** - Client must have a doctor's note/prescription for any medication. Please bring doctor's information, full prescription, or refill information at intake.