

Suggested Items to Bring to Castlewood

- Comfortable loose fitting clothing (depending on the season): t-shirts, shorts, jeans, skirts, sweaters, pants, lounge wear, dress clothing (if desired), socks, undergarments, belts.
- Toiletries and personal care items: such as toothbrush, toothpaste, mouthwash, dental floss, shampoo, soap, razor, lotion, feminine hygiene products, makeup, hairbrush, hair dryer, styling products.
- Light Jacket or Coat depending upon the season
- Cell phone, charger for cell phone-Calling Card
- Laptop
- Notebooks/Journals
- Watch
- Stationary
- Stamps
- Music/personal music players
- Reading Books for entertainment
- Personal hobbies: i.e.-crochet, knitting, jewelry making
- Variety of Shoes: Such as tennis shoes, sandals, house shoes, any other types of comfortable shoes you would like to bring.
- Bathing Suit (for swimming pool or hot tub)
- Personal pictures: i.e.-family, friends, supportive people
- “Comfort Items”: favorite stuffed animals, blankets, pillowcases (we do provide bedding)
- Current prescription medications you are taking in original containers (these will be placed in the medication room upon admission). Any medications that are not prescribed by the Castlewood physician at admission will be disposed of by Castlewood staff.
- Current Credit Card for Medications and Lab Work

- Current Identification Card
- Current Insurance Card

-You may bring money with you but we ask that you lock up any valuables or large sums of money upon admission.

-Names, addresses, phone numbers of therapists, doctors.

-Check or credit card or wire transfer for balance due upon admission.

*Most other items are based on your preference. The facility is a very casual environment, so feel free to bring things that would make your room feel more comfortable and home-like for you.

Items Not to Bring

-Over the counter medication: We will provide most over the counter medications. Should you have a special need we can order it from the pharmacy. Please leave all over-the-counter medication at home or it will be disposed of by Castlewood staff.

-Anything eating disorder or food related such as: diet pills, laxatives, food, candy, sodas, diet books, eating disorder related reading material, scales, cook books, exercise videos, etc. These items would also be locked up should you bring them upon admission.

Additional Information

Castlewood supplies linens, pillows, towels, washing machine and laundry soap.

We will arrange a car service to pick you up from the airport and bring you to Castlewood. Just let us know your flight itinerary when it becomes available.