

# What To Bring for Sea-Mar Turning Point Treatment Center

- Up to one week's worth of clean clothes that are comfortable and treatment appropriate.
- Bath towel, pillow, blanket are provided or bring your own,
- Close-toed, comfortable shoes. Slippers and flip-flops within assigned room only,
- Coat/jacket- appropriate to season,
- Personal care/hygiene products: toothbrush, toothpaste, brush/comb, soap, shampoo, deodorant, battery operated shavers, disposable razors, non-alcohol mouthwash, feminine hygiene products, cosmetics, blood sugar meter, CPAP,
- Postage stamps and envelopes for mailing letters,
- AA/NA Books, spiritual literature, self-help reading material, journal,
- Art supplies (pens, colored pencils, drawing book),
- Clear plastic water bottle,
- A clock radio or battery operated radio/MP3 w/earphones in assigned room only,
- If you smoke tobacco there are four smoke breaks each day and you must provide your own. We do not provide tobacco products.

## What not to bring:

- Please do not bring any clothing/items that reference drugs, alcohol, politics, or violence,
- No high heels (above two inches), shorts or skirts above the knee, see-through, tank style, spaghetti straps, low cut or midriff clothing,
- Hats may only be worn outdoors,
- Sunglasses for outdoors use require a physician's letter,
- No products that contain alcohol,
- Sharp items: needles, scissors, or tools,
- No Electronics,
- No food of any kind,
- Do not bring valuables or large amounts of money,
- Arrangements with your assigned counselor must be made before any items may be dropped off.

## Where?

Sea Mar Turning Point Treatment Center  
113 23rd Ave S, Seattle, WA 98144

## Questions?

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