



5953 Grand Ave. Riverside, CA 92504
877-228-4679

What to Bring To Treatment at 10 Acre Ranch

We are very casual here at the ranch. We suggest bringing enough clothes for one week. We have laundry facilities and supplies. Please do not over pack.

Suggested Packing List

- ✓ Swimsuit
- ✓ Bath towels and one beach towel for the pool
- ✓ Casual pants: jeans, slacks
- ✓ Casual shorts
- ✓ Shirts: t-shirts and casual shirts
- ✓ Button down shirt; one or two
- ✓ Socks
- ✓ Underwear
- ✓ Toiletries and Personal Hygiene Items- soap, shampoo, shavers, etc. **NO MOUTHWASH WITH ALCOHOL OR COLOGNE.**
- ✓ A light jacket for the mornings and evenings
- ✓ Photos of family, etc for your dresser
- ✓ Clothes for the Gym and recreational activities, sneakers, a baseball glove etc.
- ✓ If you want to feel at home, you may want to bring your own pillow or blanket (although we supply these items)
- ✓ **A THIRTY DAY (30) MINIMUM SUPPLY of current medications you are taking (to be dispensed by our staff). NO NARCOTIC or MOOD ALTERING MEDICATIONS ALLOWED.**

****We supply all healthy foods and drinks.** If you need to purchase cigarettes, tobacco, candy or sodas the staff goes shopping for the clients once a week. You may bring cash or a check made out to the "10 Acre Ranch Inc" **CHECKS SHOULD NOT EXCEED \$200 A MONTH.**

- **CLIENTS ARE NOT ALLOWED TO HOLD ANY MONEY, CHECKS, DEBIT CARDS, CREDIT CARDS OR WALLETS- ALL THESE WILL BE SURRENDERED TO STAFF UPON INTAKE AND LOCKED UP FOR YOU. WHEN THE TIME COMES THAT YOU NEED ANYTHING, THEN IT WILL BE TAKEN OUT OF THE SAFE FOR YOU. -YOU MUST STILL BRING A LEGAL ID AND ANY INSURANCE INFORMATION, IN CASE OF EMERGENCY.**
- You may have a portable listening device for music: NO OLD CELL PHONES OR CELL PHONES WITH SIM CARD TAKEN OUT TO LISTEN TO MUSIC
- **CELL PHONES ARE ALLOWED, HOWEVER YOU WILL BE ON A BLACKOUT PERIOD WHEN YOU ARRIVE AT THE RANCH. YOUR ITEMS WILL BE GIVEN TO US, AND LOCKED UP FOR SAFE KEEPING. AFTER YOUR BLACKOUT PERIOD IS OVER YOU WILL BE ALLOWED TO USE THEM. THE BLACKOUT PERIOD DEPENDS UPON YOUR FOCUS AND MOTIVATION TO PARTICIPATE AND DEDICATE YOURSELF TO THE RECOVERY PROGRAM, AND THE EXPRESS DECISION OF THE 10 ACRE RANCH STAFF.**