



# CAPSTONE

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## TREATMENT CENTER

P.O. Box 8241  
Searcy, AR 72145  
toll free: 866-729-4479  
fax: 501-729-3537

e-mail: [info@capstonetreatmentcenter.com](mailto:info@capstonetreatmentcenter.com)  
[www.capstonetreatmentcenter.com](http://www.capstonetreatmentcenter.com)

## PACKING LIST

### Paperwork Items:

Copy of Pharmacy Card  
Copy of Birth Certificate  
Copy of Social Security Card  
Copy of Insurance Card (Front and Back)

### Clothing/Miscellaneous Items:

These amounts are MAXIMUM amounts. Residents participate in weight workout four days a week, and participate in outdoor activities on a daily basis. Dress is casual. Laundry is done weekly, so please pack accordingly.

### Summer (May-Sept) packing list:

14 Socks  
1 Shower Shoes  
2 Tennis Shoes  
14 Underwear  
3 Jeans/Pants  
7 Workout shorts/pants  
7 Shorts  
14 Undershirts  
14 T-Shirts  
2 Long Sleeve Shirts  
1 Rain Jacket  
2 Sleep Wear  
1 Pair Work Boots

### Winter (Oct-Apr) packing list:

14 socks  
Shower shoes  
2 Tennis shoes  
14 Underwear  
7 Jeans/Pants  
7 Workout shorts/pants  
2 Long insulated underwear  
14 Undershirts  
7 T-shirts  
14 Long Sleeved Shirts/sweatshirts  
1 Rain Jacket  
2 Sleepwear  
Coat  
Gloves  
1 Pair Work Boots

### Unacceptable Clothing:

Any musical groups  
Alcohol, drug, tobacco ads  
Crude or suggestive language  
Billabong brand  
Dry clean only clothing  
Bandanas  
North Carolina memorabilia  
Rebel or Confederate flag

### Miscellaneous Items:

Bible  
Disposable cameras  
Hats  
Dog toys/treats  
LED Head lamp (find at Wal-Mart-residents use them for reading at night)  
Batteries  
Photos of family  
Dog leash between 4 & 6 ft. (no retractable leashes)  
10-12' dog collar and a 12-14" dog collar

### DO NOT BRING THE FOLLOWING ITEMS:

Radios/walkmans/I-pods  
Musical instruments  
Cell phones  
Game boys  
Magazines  
Books  
Photos of girlfriends and peers  
Lucky Brand jeans  
Flat Billed Hats

### Other Packing information:

- Toiletries and other supplies (nail clippers, tweezers, etc.) are provided by Capstone, it is not necessary to bring them in on admission day. Exceptions to this would be contact lens supplies or special face wash.
- Over the counter medications will be purchased and administered by Capstone staff, it is not necessary to provide these for your son. Any of these medications that come in with your son will be sent back home or thrown away.

Prescriptions must be clearly labeled with your son's name and directions in order to be administered at Capstone.