WHAT TO BRING

+ Casual clothes (shorts, jeans, t-shirts, sweats)
+ Gym clothes, sneakers or running shoes (you’ll have the opportunity to use the gym, participate in yoga, martial arts, one-on-one training, walking trails, etc)
+ We suggest you bring six days of clothing changes
+ Tennis shoes, shower flip-flops
+ Laundry soap
+ Personal hygiene items (shampoo, soap, razors, etc.)
+ All personal hygiene items must be new with sealing and packaging intact (All items will be inspected at intake)
+ Headphone-equipped iPod, MP3 Player
+ Personal reading material
+ Writing paper, envelopes, postage stamps
+ Swimsuit for the sauna and hot tub (One piece for women, no thongs, Speedos or over-exposure, etc.)
+ Seasonal clothes (for the months of September-April ensure you bring winter clothes and for the months of May-October bring warm weather attire)
* Michigan weather is unpredictable, please bring a jacket year round.
+ You may bring your own pillow if you’d like
+ You must bring your driver’s license or state ID, social security card and insurance card
+ Cell phones and other electronic devices will be taken by security upon intake. During the Detox process you will not have access to any electronic devices or cell phones. Once you complete detox, you will be allowed to use electronic devices under supervision if needed for the purpose of handling work or family matters.
+ Cigarettes (You’re allowed to bring two packs of cigarettes with you. After that, all cigarettes must be purchased on site)
* Any product with alcohol listed in the first three ingredients will be confiscated.
* No aerosol cans are permitted.

WHAT NOT TO BRING

- Game consoles
- Dangerous tools
- Mouthwash containing alcohol
- Aspirin, Tylenol, etc.
- Over the counter drugs (Unless medically prescribed with a doctor’s note)
- Stuffed animals or real live pets
- Pornographic materials or items
- No food, beverages, candy or gum may be brought into the facility
* Packages are not allowed to be sent to the center. If packages are sent, they will immediately be returned to the sender and not forwarded.

BRS is located on 80 acres of land. Thus during the warm weather time period, you will be involved in a lot of outside activities. Similarly, during the winter weather, you will need to be prepared for snow and colder weather. The list above is a guideline of items you should bring with you. You may want to include some personal items from home (family pictures, etc.)

There is a limit of two suitcases per person.