

Roots Recovery Residence is designed for an easy transition, whether you are transferring from an inpatient treatment program or not. To make the process even easier, we have provided a clear packing list below so you can easily prepare for your new sober living experience. If you need any clarification about provided items or things you can or cannot bring into your sober living home, please contact us info@roots501.org



To Bring:

Enough clothes for a week
Toiletries and hygiene products (i.e. toothpaste, toothbrush, deodorant, soap, etc.)
Money for transportation (bus passes, Uber, gas, etc.)
Personal electronics (cell phone, laptops, tablets, and game consoles)
Books and journaling materials
Food and non-alcoholic drinks
Tobacco (if you use it)

Not to Bring:

Personal furniture (i.e. chairs, tables, TVs, desktop computers, etc.)
Bedding
Pots and pans (no crock pots please)
Pets (no dogs, cats, fish, etc. are permitted)
Wall-hanging decor or pictures (personal pictures can be placed in frames on bedside tables)
Firearms or weapons of any kind
Products containing alcohol (i.e. mouthwash, hand sanitizer, antibacterial soap, cleaning products)

We Provide:

Linens and bedding
Dresser and closet space
Flat-screen TV in the Common Area
Wi-Fi throughout the community
Cooking and eating utensils
Full-size kitchen appliances
Laundry detergent
Washer and dryer

We also provide a computer lab weekly, times to be announced.

*"When the Roots are Deep - There's No Reason to Fear the Wind"
Recovery Residence & Resources for Women in Recovery*

