

The Lakes Treatment Center Packing List

When packing for a stay at The Lakes Treatment Center you'll want to make sure you bring items that will make you comfortable while at the facility and aid in your recovery.

Items that will make you feel at home are always helpful.

Personal Information

- Drivers License or other form of photo ID
- Medical insurance card and pharmacy/prescriptions insurance card
- Other important/applicable personal information

Seasonably Comfortable Clothing

- Bring enough clothing to last 1 to 2 weeks. Onsite laundry will be available to wash items.
- Do not bring more than 2 suitcases (size of an airline checked bag) of items. If too many items are brought, we will place some items in storage and you will not have access to them.
- Copperopolis, CA Average Temperatures:

Month	High/Low (°F)	Rain	Month	High/Low (°F)	Rain
January	56° / 33°	7 days	July	96° / 59°	0 days
February	61° / 35°	6 days	August	94° / 57°	0 days
March	63° / 39°	10 days	September	88° / 53°	1 day
April	71° / 43°	4 days	October	79° / 47°	2 days
May	80° / 47°	2 days	November	65° / 38°	6 days
June	89° / 54°	0 days	December	57° / 32°	7 days

- DON'T FORGET:
 - o Clothing appropriate for exercise and fitness
 - o Clothing appropriate for outdoor hiking and activities
 - o Appropriate swimwear (spring, summer, and fall) and personal towels if desired
 - o Jackets/coats/warm clothing (winter and for nights)
 - o Pajamas (a sleep mask and ear plugs may be helpful)

Toiletries

- All toiletries must be unopened
- Be sure no forms of alcohol are listed on the ingredients label. Certain exceptions may be made if alcohol does not appear in the first three ingredients on the label.
- DON'T FORGET:
 - o Toothbrush/Toothpaste/Mouthwash (alcohol free)
 - o Soap/Body wash, Shampoo/Conditioner, Face wash, Deodorant
 - o Cosmetics you may want and other non-essential items that will help you to feel better
- Orders for additional or forgotten toiletries may be made online to be delivered to the facility
 - o 7260 O'Byrnes Ferry Rd, Copperopolis, CA 95228
- Necessities may be available at the treatment center for those with financial strain

Miscellaneous

- Personal items for entertainment
 - o Examples include books, magazines, journals, mp3 players/iPods (without internet access), mementos to remind you of home/make you feel more at home.
 - o NOTE: Electronic devices that can connect to the internet will not be allowed.
 - These items may be securely stored with the facility for intermittent access if necessary.
- Items such as pillows, blankets, towels, etc. will be provided; however, residents are welcome to bring their own bedding, towels, and similar items if they wish.

Questions, Comments, or Concerns may be addressed to The Lakes admission phone at (800) 831-5962