



4851 Stacy Ann Drive
Bemidji, MN 56601
(218) 308-8600
www.nmawcenter.com

What to Bring to NMAWC

Thank you for choosing NMAWC to change your life and learn the skills to stay sober. You must save yourself, but we provide education, tools and a cheerleading section.

You will need to bring:

- ✓ Identification of some kind, if available
- ✓ Medications and any supplies for them, current prescriptions will be transferred to our pharmacy we work with.
- ✓ Insurance or medical Assistance Card
- ✓ Clothing:
 - ✓ 1 leveled laundry basket full
 - ✓ 2 pairs of shoes and 1 pair of shower shoes
 - ✓ 1 jacket
 - ✓ 2 sweatshirts
 - ✓ Undergarments (will be included in laundry basket measure)
 - ✓ Swimsuit
 - ✓ NO MORE THAN 5 OUTFITS

Hygiene products: Hairspray, perfumes and shaving razors will be kept in the staff office for you to use and return.

- 1 hairspray (will be kept in staff office)
- 1 perfume (will be kept in staff office)
- 1 hot tool (will be kept in staff office)
- 1 shampoo, 1 conditioner, 1 facewash, 1 body wash, 1 lotion
- 1 sandwich bag full of makeup + 1 eye shadow pallet (NO MIRROR ON MAKEUP PALLET)
- 1 hairbrush
- 1 toothbrush and 1 toothpaste

ONE LAUNDRY BASKET OF CLOTHES IS ALL THAT IS ALLOWED. IF YOU COME WITH MORE THAN THAT IT WILL BE SENT BACK WITH YOUR TRANSPORTATION.

All meals and snacks are provided. (Cans of soda pop are available to purchase for \$1 each- all money from soda machine is donated annually to a local charity)

We have washing machines and dryers available for your use, free of charge. We provide all bedding and towels.

NO SHOPPING EXCURSIONS WHILE AT NMAWC

You may choose to bring:

- Your own pillow
 - Pictures
 - Books and magazines (appropriate literature-absolutely no pornography of any type)
 - Cigarettes
 - Cash for cigarettes. One cigarette run is done for clients weekly.
- NO FOOD OR DRINKS (EXCLUDING WATER) ARE ALLOWED IN CLIENT ROOMS OR LOUNGES.
ALL FOOD IS TO BE CONSUMED IN THE DINING AREA.**

You may **NOT** bring:

- Cell phones, laptop, e-reader, camera or pager (these items will be kept in a safe).
- Alcohol, including Listerine
- Drugs or Drug Paraphernalia
- Guns or any type of weapon
- Motor vehicles including car, truck or motorcycle
- Energy drinks
- Scratch off's or lotto tickets- any form of gambling
- Pornography of any kind
- E-cigarettes or Vapes of any kind including vaping accessories. (Pods, coils, Liquid)
- Cosmetic items that require glue i.e. eye lashes, acrylic nails
- Cosmetic contacts (contacts lenses solely for the purpose of changing eye color)
- Hair dye or hair coloring supplies.

Please contact NMAWC at (218) 308-8600 if you have any additional questions. We look forward to seeing you soon!