



t h e r e t r e a t

Things to Bring to The Retreat

- ***Big Book, Twelve Steps and Twelve Traditions and Living Sober.***
You are welcome to bring any recovery or spiritual based books and literature with you, but no “pleasure reading” items such as novels or magazines. Cost for all three books needed is around \$20.
- **Paper and pens** or pencils and a highlighter if possible.
- **Alarm Clock.**
- **Prescription Drugs**, enough to last for the length of your stay. Refills can be done next door @ Prairie Stone, but refills must be available on prescription.
- Enough **cigarettes** for entire stay. Cigarettes can be mailed to Guests. No ability to buy them here.
- **Calling cards** for long-distance calls. Cell phones are not allowed.
- **Toiletries** to last for length of stay. Items containing alcohol will be kept in the office for use by Guests, not in their room.
- **Comfortable clothes** and clothes for yoga and Fitness Room usage. No drug or alcohol related sayings on attire.
- **Over-the-counter medications** and **vitamins** are allowed, but will be kept in the Unit Office.
- **Music players** are allowed unless they contain any downloaded video content. Can be used in rooms, Fitness Room and outside while walking.
- **We do have a safe** for items, but encourage you not to bring unnecessary items of value.
- **No DVD players or movies, no hand held gaming systems, no playing cards, no baseball hats, no laptop computers, etc.**