



LANDMARK RECOVERY

WELCOME TO LANDMARK RECOVERY

Preparing yourself or a loved one for treatment? Please reference the phone numbers below to contact the best Landmark Recovery representative to answer your questions.

ADMISSIONS TEAM: (502) 205-5844 – For questions regarding admissions into one of our facilities.

FACILITY: (502) 964-2699 - For checking on a loved one or any additional questions once in treatment.

Please use the packing list below to prepare for your residential stay. Please note, there are no exceptions to the list of banned items. If you are unsure if something you'd like to bring with you is banned under the following rules, please direct your question to the admissions team before your arrival at the facility

PACKING LIST

BRING THESE:

(THESE ARE SUGGESTED ITEMS, NOT REQUIRED)

- Photo ID: Driver's License or Passport
- Medical Insurance, and prescription insurance Cards
- Medication list including dosages and all known allergies to medications
- Anything you need to ensure your bills are paid
- Comfortable clothing and shoes. (Pack amount used for one week)
- Athletic shoes and clothing for fitness classes (Yoga)
- Alcohol free toiletries, specifically if you bring mouthwash or hand sanitizer
- Toothbrush, toothpaste, shaving items and hairdryer
- Writing materials for taking notes
- Premade List of contacts including names and phone numbers of loved ones you would like to contact while in treatment.
- Alarm Clock (without radio)
- Stamps and Envelopes
- Pre-Paid gift cards to order snacks online treatment.
- Prepackaged snacks in factory sealed containers
- Drinks that are factory sealed (no energy type drinks)
- Family photos
- Books
- Spiritual or religious items
- MP3 player (no camera or connection to Wi-Fi)

DO NOT BRING THESE:

(THESE ITEM ARE NEVER ALLOWED IN OUR FACILITIES)

- Cash, Checkbook, credit or debit cards
- Drugs or Alcohol of any kind
- Aerosols
- Over the counter medication
- Heating pads or electric blankets
- Hemp products
- Magic markers, sharpies, white out
- Marital aids, condoms
- Cleaning supplies
- Perfume, cologne, aftershave
- Knives, scissors, sharp objects and other items that could be considered weapons
- Nail polish, polish remover
- Cell phones, laptops, tablets, cameras, video games or DVD's, smart watches
- Pornography
- Poker chips or any gambling related materials
- Revealing clothing (tank tops, sleeveless shirts, midriff-bearing tops)
- Candles and incense
- Clothing with profanity or references to drugs, sex or alcohol

Live Beyond