

MEN'S IOP WITH LODGING TREATMENT CENTER – BLUFF HOUSE

10990 95th STREET, OTSEGO MN 55362

P: 763-515-4258

F: 763-898-3143

Packing List

- 2 Weeks' Worth of Clothing (clients have access to laundry facilities and detergent is provided)
- Toiletry/Hygiene Products (including unopened bottles of shampoo, conditioner, body wash, toothpaste, razors, and toothbrushes)
- Towel
- 30 Day Supply of Medications, if Possible
- A Cup/Mug with Lid
- Clock and/or Small Fan
- Down Time Activities (Books, Puzzles, Sketchbooks)
- NSR will provide bedding, but clients are welcome to bring their own. Each client is provided one pillow; any additional bedding must be supplied by the client
- Non Perishable Snacks
- Nicotine cigarettes, nicotine vapes, and chew are allowed in designated smoking areas

REMINDERS

- *Storage Space is Limited. Clients are allowed One Suitcase, One Backpack, and 2 plastic bins*
 - *ALL clients will have a roommate*
 - *Visiting is not allowed on site and visitors may not loiter in the parking lot*
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Prohibited Items

Tank Tops or clothing depicting drugs and/or alcohol

Products containing alcohol (mouthwash, cologne, etc.)

Products containing Dextromethorphan or Benadryl

Single Blade or Straight Razor

Protein Powers, Preworkout, Non Prescription Supplements

Energy Drinks

Microwave Popcorn

Items that could be used as a weapon (Screwdrivers, Hammers, Etc.)

Valuables/Important Documents

Cigars

Video Games