



MEN'S RESIDENTIAL TREATMENT CENTER – OTSEGO

10990 95th STREET, OTSEGO MN 55362

P: 763-515-4508

F: 763-898-3143

Packing List

- 1 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
- Nicotine cigarettes and disposable vapes (unopened and non-chargeable) are allowed in designated smoking areas. Only unopened products will be allowed

REMINDERS

- *Storage Space is Limited. Clients are allowed One Suitcase and One Backpack*
- *ALL clients will have a roommate*
- *Visiting is Wednesdays from 6:00-8:30pm. Clients must be in their 2nd full week and have approval from their counselor to participate in visiting*

Prohibited Items

Tank Tops or clothing depicting drugs and/or alcohol
Products containing alcohol (mouthwash, cologne, etc.)
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
Electronics (cellphone, tablet, laptop, smart watch)
Cigars
Video Games