



### WHAT TO BRING TO SPRING LAKE RANCH

As you prepare for your time at the Ranch you may be unsure about what to bring. Hopefully, the following information will help to make your packing easier. Please feel free to call us in Admissions if you have any questions.

Plan to bring functional, comfortable clothing, which you don't mind getting dirty. Much of the work program takes place outdoors in the woods, gardens, and on the farm. It's important to have warm clothing for the winter and things to keep you dry when it rains. Please bring some casual dress clothes for trips into town.

For travel purposes, make sure you bring a current photo ID. This might be a driver's license, passport, or state-issued ID card. It must have a picture.

You may want to bring recreational gear for skiing, tennis, swimming, or hiking. The Ranch does provide equipment for some activities. Please ask for more specific information. Based on your personal interests, you might consider bringing art supplies, a musical instrument, books, or music.

Residents are not allowed to have TV's or TV monitors in their rooms. There is no satellite service, cable or internet reception in the residences. The Ranch has one community TV with a VCR and DVD player. Desktop computers with limited internet access are available in the living room of the Main House. Personal laptop computers can be used to access the internet at prescribed times in the Main House living room only. Residents may bring their cell phone, but access will be restricted for the first 30 days of their stay. This is not intended to limit communication, but rather to eliminate a barrier to engaging in the community/program. After 30 days, access to cell phones will be granted based on the resident's participation in the program.

In addition to knowing what to bring, it is equally important that you know what NOT to bring. As a therapeutic community dedicated to people's mental health and wellbeing, it is essential that no drugs, drug paraphernalia, or alcohol be brought with you to the Ranch. This includes not bringing mouthwash with alcohol in it. Please do not bring clothing with drug or alcohol references.

And finally, please do not bring your car, pets, or any weapons or knives.

The Ranch has a linen service, which provides sheets and towels. Each house has a washing machine and dryer, as well as laundry detergent for personal washing. It is possible to purchase almost anything in nearby Rutland if you forgot or need something.

warm and waterproof boots	photo ID for travel purposes	warm jacket, hat, mittens or gloves
work clothes	musical instrument	casual clothing for trips to town
rain gear	art supplies	alarm clock
comfortable work gloves/garden gloves	CD player, radio, music	indoor tennis shoes for the gym
art supplies	books	water bottle
quick-drying long underwear	Recreational equipment	Bathing suit and lake towel
warm sweaters		

