



life at The Lodge

what do I bring?



- Identification.
- Health insurance and prescription card.
- Medications - Please try to arrive with your normal prescription medication to avoid any missed doses. Upon arrival, you will be able to meet with a medical professional to review your medications and make adjustments if needed. The Lodge uses a local pharmacy to fill prescriptions during your stay and will arrange for medications to be picked up. However, co-pays and/or other out-of-pocket expenses are the responsibility of the guest. Our staff is here to help you with this process.
- Payment - Balance is due upon admission to the program. If using private pay; credit card, check or PayPal are the acceptable payment types.
- Luggage - Please limit yourself to one or two suitcase(s).
- Personal care items - You may bring items such as shampoo, conditioner, hair spray, toothpaste and sunscreen.
- Clothing - Casual/comfortable clothing that can be layered. Laundry facilities, detergent, iron and ironing board are provided at no cost.
- Appropriate sleepwear.
- Shoes for everyday use, gym shoes, and hiking shoes.
- Workout attire for exercise and experiential groups.
- Spending money – Although not necessary, please feel free to bring a small amount of cash for incidentals not provided by the program. Locked storage lockers are available to store any item of value.
- Electronics – Cell phones, ipods, tablets, laptops, and hand-held video games are all welcome to be used at The Lodge. To maintain a safe environment for all guests, you may be asked to store power cords, ear buds, or other wires in a secured locker when not in use.

