

ADAPT AND TRANSFORM. OVERCOME.

What to bring for your Retreat at Sky Ridge.

You've made a great decision. If you have any questions, contact our team anytime at (877) 693-6010.



The Retreat at Sky Ridge has been developed with the overall wellness of our client in mind. The physical spaces in and around our facility provide a relaxed environment that supports our evidence-based treatment programs.

MUST

FALL / WINTER

ADDITIONAL

- Any current medications
(30 day supply)
- Alarm clock
- Casual clothing
- Sandals, walking/hiking shoes
- Sleepwear and undergarments
- Toiletries, soap, shampoo, hair dryers, curling irons, etc.
(Alcohol free)
- Towels, washcloths
- Laundry detergent
- Blankets, pillows
(Optional—we do provide but you may bring your own.)
- Warm/Winter jacket
- Warm socks
- Sweaters/Sweatshirts
- Gloves and warm head-wear
- Rain gear, umbrella
- Cell phones, computers and tablets are welcome
- Money for outside snacks and drinks
- Books, instruments and music, headphones
- Sporting goods
(e.g. baseball glove, football, frisbee, fishing tackle)

-  Our private chef prepares meals focused on wellness. Please alert the admissions team of any food allergies.
-  WIFI internet is available throughout the property including client cabins.

