

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

SPRING / SUMMER

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.)
- Light Jacket, Sweater and/or Sweatshirt**
- Swimsuit, Beach Towel, and Swim Shoes**
- Bug Spray/Repellent**
- Sunscreen**
- Rain gear, umbrella (optional)**
- 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.

