



DEFENSE HEALTH AGENCY
HEADQUARTERS, DWIGHT DAVID EISENHOWER ARMY MEDICAL CENTER
300 EAST HOSPITAL ROAD
FORT EISENHOWER, GEORGIA 30905-5650

MCHF-BH

18 DEC 2024

MEMORANDUM FOR Commander and Referred Service Member

SUBJECT: Eisenhower Residential Treatment Facility (RTF) Packing List

1. The RTF is a military-based program and requires military personnel to always be professional, maintain military bearing, and wear military uniforms during the duty day.

APPROVED & REQUIRED ITEMS TO BRING:

Primary Duty Uniform: 2 sets (e.g. OCP/ NWU/ MCCUU)
Physical Training Uniform: 1 full set of winter APFUs or Service Specific PT uniform
Shoes: 1 pair of boots, running shoes, casual shoes, and shower shoes
Undergarments & Socks: enough for 1 week
Clothing: Appropriate civilian clothing for 1 week; casual, active, and sleep wear**
Prescription Medication currently taking-enough for travel. (Medication will be refilled on admission)
Assistive Devices: glasses, contacts, hearing aids
CPAP Machines are authorized.
Military CAC
Debit Card/money for store runs, vending machine. **no apple pay or google pay
Notebook/writing utensils: 8½ x 11 notebook, black ink pens
Analog watch**
Electronics: Cell phone, headphones/earbuds, charger with cord (no more than 3 ft in length) **

HYGIENE PRODUCTS ** ENOUGH FOR 30 DAYS ALCOHOL-FREE**

1-Toothbrush / Toothpaste (regular size) /mouth wash
1-Deodorant /anti-perspirant (NON-AEROSOL)
1-Shampoo
1-Conditioner
1-Body Wash
1-Razor with extra disposable blades or 1 Electric Razor
1-Shaving Cream

****NOTES:**

- a. **Clothing** is to be appropriate and tasteful. Clothing should be free from offensive images, words, or logos. Clothing must have appropriate fit, with no visible undergarments or undershirts. Garments that reveal a significant amount of skin are prohibited. Everyone is expected to wear clean clothing, free of holes, tears, or other signs of wear. Bring weather appropriate garments.
- b. **Hygiene and beauty products** are required to be alcohol-free. For example, mouthwash, face masks/cleansers, acne medications, face lotions or toners. Aerosol products are prohibited (e.g. deodorant, hair spray).

SUBJECT:

c. **Prescription Medication** and needed over-the-counter medication will be prescribed by RTF medical staff and administered accordingly.

d. **Analog watch** is encouraged. Smart watches are prohibited while enrolled in treatment.

e. **Authorized Electronics** for use are cellphones and headphones, not Bluetooth enabled. Cell phones are restricted to designated times while in treatment. Computers, tablets, noise cancelling headphones, and personal gaming systems are prohibited.

2. To ensure the safety of our patients, staff, and visitors, and to maintain our treatment philosophy, it is necessary to prohibit the use of certain items (referred to as contraband) from being brought into the RTF. Upon arrival, items will be inventoried, and contraband will be confiscated.

PROHIBITED ITEMS

- Weapons of any kind to include firearms, knives, straight razors, and scissors.
- Alcoholic beverages and/or alcohol products (e.g. after-shave, perfume, cologne)
- Illegal and/or controlled substances under federal law
- Tobacco and/or nicotine products, vapes, pouches, dip, lighters, matches**
- Over-the-counter medications, supplements, energy drinks, or protein drinks, food
- Aerosol and/or flammable products (e.g. deodorant, hairspray, lighters, matches)
- Air fresheners, room deodorizers, disinfecting/sanitizing wipes
- Stuffed animals, toys, blankets, heating pads, massage devices
- Pornographic material and/or sexual devices
- Electronics (computers, tablets, noise cancelling headphones, games, gambling devices, smart watch)
- Musical instruments
- Any items that may impact safety, health, and security of the RTF****

****Notes**

a. **Tobacco and/or nicotine** products are prohibited while enrolled in the RTF. Nicotine replacement therapy (e.g., gum, patches) will be prescribed by the medical provider.

b. All items listed above serve as a guideline. The list does not represent an exhaustive list of prohibited items.

3. All belongings brought into the facility are subject to search and approval.

4. For additional information, contact Ana Vlastic, Clinical Nurse Case Manager at ana.m.vlastic.civ@health.mil or 706-787-8672 or 706-294-8560.

AUTHORITY LINE: Mansfield, Joseph A MD, MAJOR USARMY
Medical Director, RTF, DDEAMC, Fort Eisenhower