



Cuttingsville, Vermont 05738 · 802-492-3322

## What to Bring to Spring Lake Ranch

Welcome 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 upon your personal interests, you might consider bringing art supplies, a musical instrument, books or music.

Residents are not allowed to have televisions in their rooms. There is no satellite service, cable or cell phone reception in the residences. The Ranch has one community TV with a VCR and DVD player. One computer with internet access is available in the living room of the Main House.

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 well being, 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 washing machines and dryers as well as laundry detergent for personal washing. It is possible to purchase most anything in nearby Rutland if you forgot or need something.

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| <input type="checkbox"/> warm and waterproof boots         | <input type="checkbox"/> photo ID for travel purposes    |
| <input type="checkbox"/> work clothes                      | <input type="checkbox"/> musical instrument              |
| <input type="checkbox"/> rain gear                         | <input type="checkbox"/> art supplies                    |
| <input type="checkbox"/> quick-drying long underwear       | <input type="checkbox"/> CD player, radio, music         |
| <input type="checkbox"/> warm sweaters                     | <input type="checkbox"/> favorite book                   |
| <input type="checkbox"/> jacket, hat, mittens or gloves    | <input type="checkbox"/> recreational equipment          |
| <input type="checkbox"/> casual clothing for trips to town | <input type="checkbox"/> bathing suit, lake towel        |
| <input type="checkbox"/> alarm clock                       | <input type="checkbox"/> indoor tennis shoes for the gym |
| <input type="checkbox"/> flashlight                        | <input type="checkbox"/> water bottle                    |
| <input type="checkbox"/> toiletries                        |  |