



## Packing List

Clothing- *Recommended but not limited to*

- 1 week's worth of clothing (7 shirts/pants or shorts)
- two sets of gym clothes
- 1 week's worth of undergarments (underwear, socks, etc)
- two sweaters or sweatshirts
- Shoes: at least one pair of athletic shoes, comfortable shoes, sandals, and slippers.
- October - March: snow apparel (coat, boots, gloves etc)
- March - September: one swimsuit

Toiletries-

- Shampoo/Conditioner/Soap
- Deodorant
- Feminine products
- Brush/comb
- Hair Dryer
- Shaving items (razors will be locked with staff when not in use)
- Tooth Brush and Tooth Paste
- Makeup

### Medications-

- Please bring all approved prescription medications with you in their original bottle. Due to laws governing prescription medications, we will send them to our pharmacy for identification and re-packaging for a nominal fee.
- Please do not bring any over the counter medications.

### Other-

- Cigarettes/Vape Coils/Cartridges- MUST BE UNOPENED
- Insurance Cards and ID
- Credit/Debit Card- We do not recommend more than \$100 cash
- Stationary if you want to write letters
- Pictures of family (no glass frames)
- MP3 Player

### **DO NOT BRING:**

- Alcohol and Illegal Substances
- We recommend you do not bring valuables such as jewelry, we are not responsible for lost or stolen items
- Weapons
- Pets
- Over the counter medications/supplements.
- Pornography
- Sharp objects like sewing needles, scissors, glass mirrors, etc.

**\* All bags and luggage will be searched upon admission for the safety of all patients and staff. In some circumstances, you may be asked to keep some items in our locked safe to be checked out for use. Any item brought that is unapproved will be destroyed or can be shipped back at patient's expense.**