

Packing List:



What to bring
&
What not to bring



Items needed:

- **Driver's License or passport**
 - **Insurance Card or a copy of the front & back of the insurance card**
 - **Credit card or cash for incidentals and/or spending money during outings (staff will not hold or be responsible for money brought. We suggest limiting the amount of money brought into the facility.)**
 - **Current, prescribed medications in their original bottles. Blister packs are preferred. Any over-the-counter medications need to be new and still sealed.**
 - **A list of your important contacts, phone numbers, and addresses (you will not have access to your phone)**
 - **7-10 days of clothing, including a seasonally appropriate jacket/coat.**
 - Clothing should not contain offensive language/symbols, no alcohol/liquor drug symbols or wording, and be appropriate for a co-ed setting.
 - Staff may limit clothing at the time of admission if not appropriate.
 - Appropriate sleeping attire (No lingerie or revealing clothing)
 - **Closed toed athletic shoes (appropriate for the gym and recreational activities)**
 - **Toiletries**
 - This includes brush/comb, toothbrush, toothpaste, body wash, deodorant (not aerosol), shampoo, conditioner, etc. No items can contain alcohol or be an aerosol.
 - **Hair dryer and additional styling products (curling iron, straightener, etc)**
 - **Court or DHS/ICW Papers (if applicable)**
 - **Cigarettes, vape, nicotine patches, gum, or lozenges**
 - Packages must be unopened
 - **Stationery, Envelopes & Stamps (to mail letters to loved ones)**
 - **Personal pillow – must be new, in bag (one pillow will be provided)**
 - **Pens, pencils, notebooks for notes (if desired)**
 - **Self-Help books, AA/NA books, inspirational literature, books for reading.**
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Do not bring:

- Cell phone
 - Electronics – this includes laptops, cell phones, smart watches, iPads, gaming devices, or any other device capable of linking to the internet.
 - Sharp objects such as knives of any size and needles
 - Fingernail polish or remover
 - Food / snacks / and/or soda
 - Any substance which contains alcohol (body spray, hair gels, cologne/perfume, mouth wash, etc)
 - Any product that is an aerosol (such as deodorant or hair spray)
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