



## Packing List

- Insurance Card/ Identification
- Deodorant
- Hairbrush
- Toothbrush (non-electric)
- Toothpaste
- Body wash/shampoo/conditioner
- Personal blanket/twin comforter
- Pants (include workout pants)
- Shorts (include workout shorts)
- T-shirts
- 1 dress outfit
- Pajamas
- Underwear
- Socks
- 1 pair of athletic shoes
- 1 pair of flip-flops
- Sweatshirt or light jacket
- Coat (seasonal)
- Personal Pillow
- Feminine Products
- Money
- Stamps/Envelopes

\*Please pack appropriate size clothing, and expect weight gain\*

\*Shorts must be no shorter than 2 inches above the knee\*

\*No tank-top or cut-off undershirts and no spaghetti straps

*The following items are not allowed on our campus for any reason*

- No drugs, alcohol, or mood altering substances etc
- Tobacco products are allowed, but must be pre-approved upon admission by nurse and unopened (no opened packages will be allowed in the facility)
- No electronic devices
- No electronic cigarettes or Juuls
- No clothing with vulgar graphics, wording, or drug and alcohol references
- No outside food or drink
- No cut off shorts or tight or revealing clothes