



## 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
- Makeup
- Money
- Water
- Tobacco
- Stamps/Envelopes

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

\*All items must be unopened

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

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

\*Property that has been abandoned for 2 weeks after leaving will be disposed of

\*We will allow makeup under the following conditions: 1. A basic amount of makeup may be brought in a clear vinyl makeup bag. 2. We prefer that it be newly purchased, sealed, and unused. 3. We will allow foundations, blush, eye liner, eye shadow, and mascara. 4. We will not allow toners, bronzers (self-tan), perfumes, or other liquid beauty products that are likely to contain alcohol. 5. Our clinical staff may therapeutically restrict access or ability to use makeup as deemed necessary for therapy engagement.

\*Vapes (electronic cigarettes) - 1. Vapes that a client arrives with will not be allowed in. This allows our staff a guarantee of no tempering with a device or product. 2. Our staff will consult with clients on Monday and Thursday (the days we commit to tobacco run for our clients) to see who would like one. As with cigarettes, clients will be expected to fund themselves- the facility will not purchase a vape device for you. 3. Only disposable vape devices will be purchased. Devices that are cartridge or cannister based will not be allowed. 4. If you have a flavor preference, our staff will do its best to obtain that flavor or the closest possible to it from our vendors. 5. Vaping will not occur indoors, and will follow the same guidelines as cigarette/dip rules laid out in the client handbook.

*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 weapons of any kind. (firearms, knives, etc...)
- No electronic devices
- 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