

What To Bring	What <b><i>NOT</i></b> To Bring
<ul style="list-style-type: none"> <li>• Bring no more than a week's worth of clothes that will fit in <b><u>ONE</u></b> large duffel or suitcase.</li> <li>• We have laundry facilities here that you will be able to access.</li> <li>• Please include a pair of walking shoes.</li> <li>• Your clothing needs to be comfortable and unrevealing.</li> <li>• Shorts need to be a modest length at least to mid-thigh.</li> <li>• Please ensure that clothing does not have any inappropriate drug/alcohol, violent or sexual references.</li> <li>• If you have any inappropriate tattoos, please ensure that you bring clothing to cover them.</li> <li>• <b><u>Can bring a NEW Pillow (has to be n packaging)</u></b></li> </ul> <p><b>*Space is limited. We cannot store any items in excess of what is listed above.</b></p> <p><b>*All items brought in will be subject to a search and heat-treatment.</b></p>	<p><b><u>Inappropriate Clothing</u></b></p> <ul style="list-style-type: none"> <li>• revealing</li> <li>• exposed undergarments</li> <li>• tank tops</li> <li>• midriff bearing tops</li> <li>• torn/ripped jeans</li> <li>• any items with inappropriate drug/alcohol, violent or sexual references</li> <li>• Items containing Bleach</li> <li>• Any bedding, linens, comforters, pillows</li> <li>• Nail Polish</li> <li>• stuffed animals</li> <li>• perfume, cologne</li> <li>• Items containing Ethyl Alcohol</li>   <li>• Highlighters</li> <li>• Coloring Pencils</li> <li>• Crayons</li> <li>• Markers</li> <li>• Art Supplies</li> </ul>
<p><b><u>Personal Hygiene Items/Makeup</u></b></p> <ul style="list-style-type: none"> <li>• only 10 items allowed</li> <li>• If bringing make-up, must bring make-up remover disposable wipes (can get at dollar store)</li> <li>• Toothbrush Container for toothbrush.</li> </ul>	<ul style="list-style-type: none"> <li>• Mobile phone</li> <li>• smart watches/Fitbit</li> <li>• any electronic devices</li> <li>• <b><u>Tobacco Products</u></b> – vapes, chew, lighters, other paraphernalia. If brought, they will be destroyed...we cannot store here</li> </ul>
<p><b>No more than \$20, small bills.</b> Vending machines available during break times.</p>	<p>Reading materials (unless recovery/religion/spiritual related)</p>
<p>We do provide laundry soap (regular and sensitive skin) and dryer sheets for free. If you bring your own, it can only be the following:</p> <ul style="list-style-type: none"> <li>• Tide</li> <li>• Gain</li> <li>• Purex</li> <li>• Xtra</li> <li>• Sun</li> <li>• Dryer Sheets</li> <li>• Downy</li> <li>• Bounce</li> <li>• Snuggle</li> <li>• Gain</li> </ul>	<p>Cannot bring any laundry detergent or dryer sheets not on approved list.</p> <p><b><u>NO pods or powders.</u></b></p> <ul style="list-style-type: none"> <li>• No Weapons, knives, etc.</li> <li>• No Food items, candy gum...we cannot store any food items</li> <li>• Aerosol items</li> </ul>
<p><b>All current medications</b></p> <ul style="list-style-type: none"> <li>• <b>Bring all personal medical supplies such as glucometer and testing supplies for diabetes.</b></li> <li>• <b>Nicotine Patches, or co pay (up to \$10</b></li> </ul>	<p style="text-align: right;"><b>Last update: August 2023</b></p>