

We recommend packing the following items:

- Comfortable clothing and shoes.
 - Pack no more than a week's worth of clothes. An on-site laundry facility is available.
 - Bring comfortable shoes for the fitness center.
 - Leave valuable items at home.
- Unopened toiletry and personal hygiene items.
 - Hygiene appliances like an electronic razor, curling iron, and flat iron are allowed.
- Unopened tobacco products.
 - Rolling machines are allowed but must be stored and used in the office.
- Reading glasses and contacts.
- No more than \$50 cash for vending machines.
 - We do provide meals and snacks.
- Important Documents
 - A form of identification, like a driver's license or state-issued ID
 - Health insurance cards

*Family or friends may bring additional coats or undergarments if needed. Due to limited storage space, all other items will need to be picked up by a family member or friend within 72 hours.

The following items are prohibited:

(*Included but not limited to.)

- **Inappropriate or offensive clothing:** Clothing depicting drug or alcohol use, explicit language or images, or revealing clothing.
- **Drug and tobacco related items:** Alcohol and illicit drugs, drug paraphernalia, sharps/needles, electronic cigarettes, vaping devices, chewing tobacco, cigars, lighters; and, opened cigarettes, tobacco or cigarette papers.
- **Electronic devices:** Laptops, tablets, and wearable technology.
- **Personal care and cleaning products:** Perfume, cologne, after-shave, aerosol products (i.e. hairspray), nail polish remover, hair coloring products, hair clippers, opened hygiene products or hygiene products that have alcohol in the first three ingredients, and cleaning products.
- **Weapons:** Firearms, knives, slingshots, sand club, metal knuckles, or sharp objects.
- **Inappropriate or offensive materials:** Pornography, movies, and music.
- **Miscellaneous items:** Candles, incense, scent warmers, plug-ins, coloring books, tools, plants, and electrical appliances (i.e. cooking appliances, space heaters, etc.).