

## WHAT TO BRING

- All the medications you are currently taking, including OTC meds and inhalers (list or bottles/inhalers)
- Military ID/Driver's License
- 7 – 10 sets of civilian clothing/underwear/socks (no strings or ties). Washers and dryers are available on the units for washing clothes (facility will provide detergent)
- Sweater, jacket, nightwear/pajamas
- Comfortable shoes (no laces or boots)
- Gym shoes (with laces are permitted only during scheduled gym/PT time)
- You may keep a small amount of jewelry (wedding band, small earrings – facility is NOT responsible for lost or stolen items)
- If you smoke, pack enough unopened cigarettes to last the length of your stay
- Eye care items (contact lenses/cleaning solution/case/eyeglasses) and toiletries
- Toiletries that do not include alcohol or aerosols and shower shoes

*We provide personal hygiene items such as toothpaste, toothbrushes, deodorant, shampoo and soap if needed.*

**The following items are also allowed, but will be held in a personal belongings locker and issued during times of supervision:**

- Cell phone
- Cash, checkbook, credit cards
- Musical instruments
- Cosmetics
- Curling irons, hair dryers, straighteners, electric razors and other electric items (as approved)

## PLEASE DO NOT BRING

- Aerosol products/flammable liquids
- Products containing alcohol (to include toiletries)
- Cameras, laptops, personal gaming systems, radios, TV, MP3 players
- Food, gum, beverages
- Lighters, matches
- E-cigarettes or vapes
- Clothing hangers
- Provocative clothing or clothing displaying drug paraphernalia
- Spiral/wire bound notebooks, hardback books
- Smart watches
- Weapons of any kind (including pocket knives)

*Please note that this is not a comprehensive list of all items. Any questions, please call 844.330.6600*