

## **What to bring:**

### Medical

Physical exam and/or clearance letter from your Doctor or Physician

Tuberculosis (TB) test stating a negative result

60-90 days worth of non-narcotic prescriptions including over-the-counter medications

### Paperwork

Any documentation you may have if you are or recently were involved with the legal system, etc.

Copy of Insurance Card

### Clothing

#### **Two week's worth of regular clothing**

Exercise clothing

Work and service clothing

Swimsuit

Church clothing (whatever you consider your best)

Weather appropriate attire (Jacket, beanie, gloves, boots, etc.)

### Toiletries

Hygiene Items (Toothbrush, toothpaste, nail clippers, shaving cream, razor, deodorant, etc.)

Shampoo and Conditioner

### Miscellaneous

\$15-20/week in cash only

Watch or Alarm Clock

Reading materials

Stamps and Envelopes

30 days worth of nicotine patches or gum

## What to leave at home:

### Medical

All narcotic prescriptions (Opiates, Benzodiazepines, Amphetamines, Ambien, Soma, etc.)

Anything with alcohol in it as an ingredient (NyQuil, Robitussin, mouthwash, cologne, etc.)

### Clothing

Any inappropriate clothing such as degrading, violent, or drug and alcohol related slogans or designs

**No “wife beaters” or clothing that displays the abdomen**

No pants that allow others to see your underwear

### Miscellaneous

No electronic devices (Ipod, computer, CDs, DVDs, camera, hair and nose clippers, and cell phones, etc.)

No energy drinks (Red Bull, Rockstar, Monster, etc.)

No weapons of any kind