**Packing List**

**Required**

* One week of clothing (comfortable/casual, sleepwear, exercise. There is laundry on site) *Dress code is included in the welcome packet*
* Comfortable shoes (you will be walking daily)
* Soap/Body Wash
* Shampoo/Conditioner
* Deodorant/Antiperspirant
* Toothpaste/Toothbrush
* Razors
* Feminine Hygiene Products
* Prescription Medications (In original Bottle)
* Over the Counter Medications (Must be new, sealed, unopened)
* Insurance Card, Photo ID, Payment

**Optional**

* Shower Caddy/Bag
* Cigarettes, Vapes, Chewing Tobacco (Nicotine products must be new and unopened. Vapes must be disposable and display content on the packaging).
* Swimsuit
* MP3/CD/Radios (Must be listened to with headphones and have no internet access)
* Books
* Coloring items
* Family Photos
* Personal pillow, blanket, towel (these items are provided as well)

**Prohibited**

* Electronics (cell phones, gaming devices, smart watches, tablets, laptops, etc.)
* Food, gum, drinks
* Weapons
* Perfume/colognes
* Aerosol Sprays
* Baseball caps/bandanas
* Parking of personal vehicles on site

*The residential program lasts 28 days, please plan the amounts of hygiene items accordingly.*

*Your family can drop off any needed items during your stay.*

*Staff are unable to furnish any of the above items.*

*Any items left at the Jackie Nitschke Center will be disposed of after 30 days.*