



Packing Checklist

Here is a list of personal items we recommend you bring with you:

- Enough comfortable wash-and-wear clothing for 5 to 7 days
- Exercise clothing
- Comfortable shoes: you may want to include sandal-type shoes for summer or warm slippers for winter
- Appropriate sleepwear
- Sweaters/jackets for fall-spring or light jacket/sweatshirt for summer
- Summer wear: walking shorts, T-shirts, hat, sunglasses, sunscreen SPF 15 or higher
- Toiletries: toothbrush, toothpaste, hair products, deodorant, hair dryer, body wash, lotion, shaving supplies (no products containing alcohol are allowed, such as mouthwash)
- Prescribed medications if applicable (and a credit card or cash for co-pays/prescriptions)
- Driver's license and insurance card AND prescription card if different from medical insurance card
- If you smoke, you can bring enough cigarettes for 30 days (keep in mind we do offer a Smoking Cessation Program)
- Bring any hobby items (knitting, sketchbooks, etc.)

If you have any questions about any other items, contact us at: **1 (855) 652-9048**