

What Do I Bring?

1. **Clothing-** should bring one and a half weeks' worth, clothing should be comfortable for exercise and movement, and be appropriate for seasonal weather. Strapless, spaghetti strap, and tank tops may not be worn without a cover or outside of the client's bedroom.
2. **Shoes-** At least one pair of comfortable tennis shoe type shoes that will be acceptable for hiking, walking and exercise. It is recommended clients also bring a pair of slippers as well.
3. **Personal Hygiene Items-** Remembering you will be in the program at least 30 days please bring shampoo, conditioners, self-care items, to include feminine hygiene items as appropriate. Hair dryers, curling irons, and straighteners will be allowed provided it can be stored safely in the client's cubby area.
4. **Personal Medications-** Client's must bring all currently prescribed medications with them; all medications must be included on the application. Clients must also indicate any and all supplements they plan on bringing on the application. All medications and supplements must be provided in their original labeled containers.
5. **Weather Specific Clothing-** If you will be attending treatment during winter season please ensure you have a warm winter coat, gloves, and winter boots. In the summer please ensure you have a light jacket.
6. **One Swimsuit-** As part of our program client's may participate in aquatic exercise experiences. Please ensure you bring one swim suit. Bikini's and speedo's are not considered appropriate swimwear
7. **One Large Suitcase-** Client's will not be permitted to bring more than one large suitcase to contain all their personal items. Clients will only be allowed to have enough clothing for one week, clothing beyond this will be stored or sent home.

What Should I Leave At Home?

- Personal Bedding-Blankets and Pillows
- Stuffed Animals
- Personal Electronic Devices
- Aerosol spray deodorants and body sprays
- Perfumes or Colognes
- Cellular Phones
- Adult Material Media
- Revealing, tight, or inappropriate clothing
- Pets
- Products containing alcohol
- Contraband items
- Smoking products
- Credit Cards/Large Amounts of Cash
- Furniture Items
- Food, drinks, and candy