



We Level Up Packing List



What To Bring

Clothing: 2 Weeks' of Clothing:

- Comfortable & Seasonal Clothing.
- Outdoor Activities Attire.
- Slippers, Sandals, Flip Flops, Sneakers.

Electronics: Internet accessible and camera devices are not allowed. You may bring:

- Mp3 Player, iPod, E-Reader.

Nicotine Products: State age restrictions apply.

- Unopened cigarettes, disposable vapes
- Unopened cans of chewing tobacco.

Valuables:

- Personal ID and insurance card
- Credit/debit card, small amounts of cash

Toiletries: Unopened or untampered with products only.

- Shampoo, conditioner, deodorant, toothbrush, etc.
- Hairbrush, blow dryer, flat iron, beard trimmer, etc.

Medications (discuss first):

- Prescribed medications.
- Non-narcotic medications Only.

Other:

- Stamps and envelopes.
- FMLA paperwork.
- Contact information for doctors.
- List of emergency contacts.
- Makeup.
- Books for reading (keep to a minimum).
- Menstrual products if needed.

What To Not Bring

Clothing: Inappropriate Clothing:

- Low-cut or spaghetti strap shirts, tank tops.
- Short skirts nor shorts.
- Exposing garments.

Electronics: Internet accessible and camera devices are not allowed.

- Phones will be stored away until discharge.

Nicotine Products: State Age restrictions apply. No:

- Open or loose tobacco, black & milds, & cigars.

Valuables:

- Jewelry.
- Large amounts of cash.

Toiletries: Unopened or untampered products only. Exclude:

- Products with alcohol in first five ingredients.
- Aerosol hairspray or hair dye.

Medications, exclude:

- Narcotics and alcohol.
- Over the counter medications and vitamins.

Other items to exclude:

- Pets.
- Gum.
- Pornographic Materials.
- Guns, Knives, Chains, Razor Blades, etc.

This list is not all-inclusive. Any items that may be questionable will be assessed upon admission into the facility