

ADULTS

Clothing and personal items are limited to:

- 14 pants and/or shorts
- 10 pair of socks
- 14 shirts or sweaters
- 10 bras/undershirts
- 10 underwear
- 5 pairs of shoes
- 1 jacket/coat
- 2 pair pajamas

Personal Items:

- 7 Towels and 7 washcloths
- 1 Pillow
- 1 Comforter
- 2 set twin sheets
- 1 Throw Blanket
- Personal hygiene products (tampons, pantliners, etc.)
- Toiletries – 1 shampoo, 1 conditioner, 1 body wash or 2 bars soap (must be in clear plastic containers, no glass), 1 deodorant, 1 toothbrush, 1 tube toothpaste, 1 roll dental floss, 1 package of razors, 1 shaving crème, 1 cosmetic bag with appropriate amount of cosmetics, 1 hairspray, 1 non-alcohol mouthwash, tweezers, nail clippers
- Money-we suggest having change for the pop machine
- Postage Stamps & Envelopes
- 1 Laundry basket, 1 laundry detergent, 1 bleach, 1 fabric softener/dryer sheets
- Electronic Items – 1 hairdryer, 1 curling iron/brush/rollers, and 1 Flat iron – all need to be inspected for proper working condition before use on the unit.
- Personal photos are allowed to be push pinned to each private bulletin board located in rooms, please do not use tape
- **Alarm Clock- (If the clock has the radio feature it cannot be used to play music.)**
- Music players—These have to be basic models. They can't have apps, games, recording functions etc. Staff will inspect these thoroughly to ensure they meet our guidelines.
- 1 booklight or desk lamp (battery operated only)
- NA/AA books
- **NO OUTSIDE FOOD OR DRINKS ALLOWED**

MEDICATIONS:

Please make sure if you have a prescription medication you have at least a 30-day supply.

Prescription bottles must have RX label on them and be in your name.

Allowed over the counter medications (must be in unopened packaging)

<u>ADULTS</u> Anti-Diarrheal Tablets – 2 mg Antifungal Cream Arthritic Cream Cough drops Hemorrhoid Cream/Wipes Hydrocortisone Ointment Ibuprofen Kaopectate Lactaid Motrin Multi-Vitamin Muscle Rub Cream Naproxen Sodium (Aleve)	Nasal Drip Nicotine Patches Non-Drowsy Allergy Relief Non-Drowsy Cough Syrup Orajel Pepto-Bismol Stomach Relief Prilosec Saline Nose Drops Stool Softener - 100 mg Triple Antibiotic Ointment Tums-Antacid Tylenol-(acetaminophen) 500 mg
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