

Packing List for Intensive Residential

You may bring only 1 suitcase that is comparable to the size of a carry on. You may also bring 1 additional purse or backpack. Please only bring 5-7 days of clothing. Laundry facilities including detergent are available on the unit.

- Comfortable loose-fitting clothing: sweat pants, capris, or jeans.
 - Shorts/skirts should be no higher than 4" above the knee
- Tops: t-shirts or long-sleeved shirts (preferably without pockets)
 - Tank tops are acceptable if covered by a cardigan or hoodie
- Athletic gear conducive to stretch or light strengthening exercises & tennis shoes
- Pajamas and slippers
- Toiletries and cosmetics
 - Curling iron/straightener/hair dryer, if desired
 - Shampoo & conditioner
 - Toothbrush & toothpaste
 - We do provide towels for showering.

You are welcome to bring other items that may make your stay more comfortable:

- Pillow and blanket (we do provide bedding)
- Pictures (there is a bulletin board above each bed)
- Book, knitting, crossword or Sudoku puzzles
- iPod or MP3 player
- Laptop and cell phones are acceptable for adults as long as they do not interfere with your treatment.
- Adolescents are not allowed to have their cell phones but may use a personal laptop during tutoring.

Things to leave at home:

- Disposable razor (electric razor is allowed)
- Any outside food/drink items including gum and breath mints
- Prescriptions (except birth control pills) and over-the-counter medications/vitamins
- Celebrity, pop culture, and tabloid magazines
- Mouthwash