

What to Bring

- ✓ At least one week's worth of medication (two weeks worth, preferably)
- ✓ A variety of clothes for all weather conditions
- ✓ Comfortable workout clothes and sneakers
- ✓ Calling card, if you wish
- ✓ A spending money plan in place
- ✓ Hope and your sense of humor!

What *Not* to Bring

- ✓ No Over the Counter (OTC) medication
- ✓ No electronics: this includes, but is not limited to laptop computers, DVD players, iPods/MP3 players, and the like
- ✓ No cell phones
- ✓ No chewing tobacco, pipe tobacco, or cigars
- ✓ No bottles containing any aerosol whatsoever (including some gel bottles)
- ✓ Nothing containing alcohol; personal hygiene items can be provided for you
- ✓ No pornography
- ✓ No weapons
- ✓ No contraband
- ✓ Please do not bring any expensive belongings
- ✓ No head coverings in the house (i.e. hoods on sweatshirts, hats)
- ✓ No Energy Drinks
- ✓ No bags of candy