



"A New Approach"

PACKING LIST

WHAT TO BRING

- + Casual clothes (shorts, jeans, t-shirts, sweats)
- + Gym clothes, sneakers or running shoes (You'll have the opportunity to use the gym, participate in yoga, martial arts, one-on-one training, walking trails, etc)
- + We suggest you bring six days of clothing changes
- + Tennis shoes, shower flip-flops
- + Personal hygiene items (shampoo, soap, razors, etc)
- + Laundry soap - Pods only, must be new and in unopened package
- + Headphone-equipped iPod, MP3 Player
- + Alarm clock
- + Personal reading material
- + Writing paper, envelopes, postage stamps
- + Journal
- + Swimsuit for the sauna and hot tub (One piece for women, no thongs, Speedos or over-exposure, etc)
- + Seasonal clothes (For the months of September-May ensure you bring winter clothes and for the months of June -October bring warm weather attire)
- * Michigan weather is unpredictable, please bring a jacket year round
- + You may bring your own pillow if you'd like
- + You may bring in two cartons of cigarettes, unopened.
- + You must bring your driver's license or state ID, social security card and insurance card
- * No aerosol cans are permitted
- * There is a limit of two suitcases per person
- * Only clear bottled shampoo, No mouthwash with alcohol
- * Any product with alcohol listed in the first three ingredients will be confiscated
- * All personal hygiene items must be new with sealing and packaging intact (All items will be inspected at intake)

WHAT NOT TO BRING

- Cameras
- Device that is internet capable or with camera or audio recording
- Television, boom-box speaker systems or DVD
- Cell phone or pager (clients use designated phones only)
- iPad, laptop, notebook
- Chewing tobacco or dip unless in pouches
- Dangerous tools
- Mouthwash containing alcohol in first two ingredients
- Over the counter drugs (unless medically prescribed with a doctor's note)
- Pets
- Pornographic materials or items
- Food, beverages, candy or gum may be brought into the facility
- Any type of weapons guns, knives, numchucks, brass knuckles ...etc.