**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.